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AT TOMASO {page 32}



# CELEBRATION

## WILL BEYONCÉ, JAY-Z ROCK ROYALS? {page 20}



OTTAWA

**metro**®

Tuesday, April 26, 2011  
www.metronews.ca



News worth  
sharing.

# Graded on child care

► Conservative party receives lowest grade, lacked 'active listening skills': Code Blue for Child Care report card ► Group calls for high-quality system for early childhood education

A child-care lobby group presented a report card of the federal parties' child-care platforms to Ottawa parents at a voter social, before the moms and dads headed to advance polls yesterday.

The group rated platforms according to their universality, how soon money would flow to a national child-care program and how much money had been promised. The group rated parties more favourably if they supported public and not-for-profit child care and less favourably if money went directly to parents.

Conservatives received an "unsatisfactory" grade while the NDP and Liberals were given "many requirements met" ratings and the Green party received a "some requirements met" grade.

Vicky Smallman, a mother of two, said she attended the event after struggling to find daycare for her kids, aged four and two. "At the end of your maternity leave, it's like having the rug pulled out from under you because there's nowhere to put your kids," Smallman said.

● JOE LOFARO



► Vicky Smallman and her son, Gordon Denny, 4, attend the voter social at the Centretown Parents Day Care yesterday before heading out to an advance polling station.

Election

## Breaking up with the PM

► Women dump Stephen Harper on YouTube video ► Cite policy issues as the reason {page 3}

## NATO strikes by air

Parts of Gadhafi's compound in ruins {page 7}



## Marching in protest

Youth want Turkey to recognize Armenian genocide {page 4}

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## Tories urge women to be informed

CONTRIBUTED



► Gatineau Conservative candidate Jennifer Gearey

In response to a video local female graduate students made about “breaking up” with the Conservative leader, local Tories say the young women should become better informed on the issues.

Helen Friel, who works on the Conservative campaign in Ottawa-Centre, chuckled as she watched the video.

“I’m glad that young people are involved, but I don’t think they’re informed enough on some of the comments that they’re making,” she said.

For her, the most important issue for women voters is the economy. “When they’re concerned about their children, we have to look at the economy and it’s the Conservatives who are managing the economy well,” she said.

Gatineau Conservative candidate Jennifer Gearey said she was personally offended by the video.

“I can’t stop thinking of that video, just thinking how frankly disgusting that is ... Their allegations are completely empty, they give no justifications.”

● JESSICA SMITH



► Amanda Watson, one of the stars of a YouTube video in which young women tell Prime Minister Stephen Harper they are dumping him.

# Breaking up ain’t hard

## ► Students cite policy issues when ‘dumping’ the PM



JESSICA SMITH  
@METRONEWS.CA

Mega-prisons just don’t turn them on and neither does contempt of Parliament, so a group of local graduate students publicly “broke up” with Prime Minister Stephen Harper.

“It’s gone on long enough,” Amanda Watson writes with lipstick on a

mirror at the beginning of the YouTube video Breaking Up With Stephen Harper – Ottawa Stylez.

Seven young women list serious and silly reasons why they’re dumping the Prime Minister and won’t vote for him on May 2.

“Dear Mr. Prime Minister, you have undermined our equality since first elected in 2006, cutting 37 per cent of funding for

the Status of Women, it’s not us, it’s you,” Watson says in the video.

The women in the video aren’t part of a group, they’re just colleagues and friends who believe that equality for women has eroded under the Harper government, Watson said.

“We’re all voting somewhat differently, but we know who we’re not voting for.”

**“For some reason, young women don’t like Stephen Harper. He’s not charming, but I don’t want a charming Prime Minister. I want a smart Prime Minister.”**

HELEN FRIEL, OFFICE MANAGER FOR OTTAWA-CENTRE CONSERVATIVE CANDIDATE DAMIAN KONSTANTINAKOS

# 1

news



Leg-reversal surgery keeps a young cancer-battling athlete on the team.

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04

metro

metronews.ca  
TUESDAY, APRIL 26, 2011



► Children march in a protest by Armenian Canadians calling for the government of Turkey to admit to charges it conducted a genocide against Armenians.

## Kids protest at Turkish embassy

- Youth want Turkey to recognize Armenian genocide
- Turkish spokesperson describes march as 'divisive'



SEAN  
MCKIBBIN  
@METRONEWS.CA

Armenian Canadians marched from Parliament Hill to the Turkish Embassy yesterday with placards and chants saying Turkey is guilty of genocide in 1915. The protest closed traffic on Rideau Street and Wellington.

"The Armenians were driven out brutally from the length and breadth of the Ottoman Empire," said Simon Izmirian, a member of the Armenian Youth Federation of Canada (AYF), which organized the protest. In a speech in front of the embassy, Izmirian called for Turkey to ac-

knowledge killings, torture and forced deportations of Armenians and make reparations.

A spokesperson for the Council of Turkish Canadians called the demonstration "divisive" and said the involvement of children who might not be able to understand the complexities of the issue amounted to "hatemongering."

"It was a very sad event where both sides really suffered tremendously (in the First World War). In Canada we have adopted a new country, a new life here," said Lale Eskicioglu, former executive director of Council of Turkish Canadians.

Harout Manougian Chair of the AYF said it is impor-

**"We want to build a future together with all of the other ethnic communities."**

LALE ESKICIOGLU,  
FORMER EXECUTIVE DIRECTOR OF  
COUNCIL OF TURKISH CANADIANS

tant for children to be taught about the genocide and the events ought not to be swept under the carpet, but acknowledged by governments around the world.

"Our quarrel is not with the Turkish people, but the government," said Manougian, adding his own grandmother was sheltered by Turkish neighbours during the violence.

GLBT COMMUNITY

## Throwing a party to fund gay village initiatives

Efforts by a gay, lesbian, bisexual and trans (GLBT) community group to get part of the downtown core recognized as "The Village" are getting a fundraising boost at

a party Thursday night.

The event will raise money for The Village, a non-profit organization that aims to increase the visibility of the GLBT community in the area around Bank Street between Nepean and James streets.

The benefit at Café Paradiso will include an auction, desserts, blues and jazz music and a performance by the Ego Men. "They usually do a bit of an underwear show, a little bit of burlesque," said organizer Glenn Crawford. ● JESSICA SMITH



**"It's a really great excuse for people to come out, support the cause, dress up, have fun and mingle."**

GLENN CRAWFORD,  
CHAIR OF THE VILLAGE

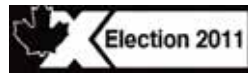
# Motivating youth to vote

► Young Canadians to join Michaëlle Jean and her husband in a youth-oriented dialogue

► Organizers expect university students from Ottawa, Montreal and Toronto to talk about youth apathy in elections



JOE LOFARO  
@METRONEWS.CA



The Historica-Dominion Institute is partnering with the Michaëlle Jean Foundation to host a live youth dialogue at the University of Ottawa tomorrow in hopes that it will motivate youth to vote on May 2.

"Too often our candidates in our political parties are speaking to just about every group except for youth," said Jeremy Diamond, director of devel-

**"We want to gather youth and have them speak their mind about what issues are important, whether they intend to vote, and what their vote means."**

JEREMY DIAMOND, DIRECTOR OF THE HISTORICA-DOMINION INSTITUTE

opment programs at the Institute.

Diamond expects about 300 people to attend the event, which will take place inside the Alumni Auditorium at 7 p.m.

## Youth dialogue

To register to attend the event in person, youth can contact the Historica-Dominion Institute at 1-866-701-186.

► Those who cannot attend the youth dialogue in person can watch a live webcast of it online at [facebook.com/democracyproject](http://facebook.com/democracyproject) tomorrow night.

► Facebook users can comment on the webcast and pose questions which may be answered during

the dialogue.

► Twitter users can also post comments and questions to @DemocracyProject and may have a chance to have them addressed in real-time.

► The event will also feature performances by young Canadian artists.



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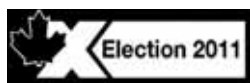
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# Tories ready to 'hit the ground running'

- Harper maintains Conservatives have strong record of collaborating
- Says government moving 'cautiously' on foreign investment rule changes



An increasingly confident Stephen Harper is treating next week's election like a speed bump en route to a renewed Conservative mandate.

Harper told a crowd at a northern Ontario college that "the business of government will commence Tuesday" if voters honour him with a majority.

The Conservatives "will be able to hit the ground running," he said yesterday in Sault Ste. Marie.

## Layton: Fears of split vote unfounded

Jack Layton is dismissing as "absurd" the idea that voting for the resurgent New Democrats could result in a Conservative majority

As he openly pushes for his first unfettered mandate since taking power five years ago, Harper is

government.

Layton is responding to suggestions that the surging NDP campaign will drain support not from the Tories, but from their Liberal and Bloc Québécois rivals instead.

And he says the Liberals voted with the Tories more than 100 times in the last three years. **THE CANADIAN PRESS**

soft-peddling what a Conservative majority would look like.

**THE CANADIAN PRESS**

## Tory line

Harper continues to shrug off the historic contempt-of-Parliament ruling that brought down his government on March 25.

- **Blame.** Harper says other parties wanted to "bring down the government at all cost."
- **Advertising.** Tory attack ads began in January.
- **Boasting.** \$26 million was spent on economic boosterism advertising in the run-up to the election call.

## Separatist. Support



► Bloc Québécois Leader Gilles Duceppe, left, greets former Quebec premier Jacques Parizeau during a campaign stop in Longueuil, Que., yesterday.

GRAHAM HUGHES/THE CANADIAN PRESS

## Calling all sovereigntists

The Bloc Québécois trotted out an old sovereigntist warhorse yesterday as the separatist party continued to fend off an apparent NDP surge in Quebec. Former Parti Québécois premier Jacques Parizeau took the stage at a campaign rally near Montreal, calling on members of his old provincial party to fire up support for their political cousins.

# Liberal attack ad lumps NDP, Conservative policies

Stephen Harper and Jack Layton make strange bedfellows in a new Liberal attack ad unveiled yesterday.

The one-minute spot, called "The Loonie," describes the Conservative and NDP leaders as "career politicians" and places them on two sides of a spinning coin.

It strikes a tone similar to Harper's repeated warnings about the dangers of an opposition "coalition," which the Tories have used as a stick to beat the Liberals.

The ad warns that Harper will give public dollars to

banks and oil companies, and predicts Layton would "jack up" taxes to pay for \$70 billion in new spending.

Liberal Leader Michael Ignatieff defended the negative tone of the ad during a campaign stop in Thunder Bay, Ont.

"We're saying to NDP voters, we're saying to Liberal voters, we're saying to everybody: 'If you want child care for your family, you've got to vote Liberal.'"

The New Democrat war room emailed reporters travelling with the Liberal leader, calling the new spot

**"We're pointing out the recent political history of our country ... Stephen Harper and Jack Layton got together to kill child care in Canada in 2005-2006."**

**MICHAEL IGNATIEFF ON LIBERALS' NEW ATTACK ADS**

a "desperate measure" in the campaign's dying days.

The ad appears designed to curb Layton's apparent momentum in the polls,



► Michael Ignatieff

while reinforcing Ignatieff's argument that the Liberals are the only viable alternative to Harper's Conservatives. **THE CANADIAN PRESS**

## Canadians' al-Qaida source a con: WikiLeaks

Secret U.S. military documents suggest a Guantanamo Bay detainee with links to al-Qaida duped Canadian intelligence officials who recruited him as an agent.

The allegation is found among 700 classified documents released by online whistleblower WikiLeaks to select media outlets.

The documents, dating from 2002 to 2008, detail accounts of prisoners at the infamous U.S. military jail in Cuba.

The New York Times reports that one document

says U.S. officials discovered a detainee who has been recruited by British and Canadian intelligence officials because of his "connections to members of various al-Qaida-linked terrorist groups."

However the report suggests the unnamed agent never shifted his militant loyalties.

According to the Times, the document says that after repeated interrogations, the Central Intelligence Agency concluded the man "withheld important information" from the British and Canadians and was found to be a threat.

The newspaper says the documents indicate the man was later sent back to his native country.

**THE CANADIAN PRESS**

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► Royal fan John Loughrey makes himself comfortable yesterday outside Westminster Abbey, where he has started to camp out ahead of the royal wedding to ensure his place.

## KISS A PRINCE, MARRY CELEBRITY FROG

Poor Kate Middleton. She's not just marrying a future king. She's marrying from afar. She's marrying all of us.

Once upon a time, British subjects gazed upon their sovereigns from afar. Not any more.

Members of the royal family are now Hollywood-style mega-celebrities — their cellulite, receding hairlines and boozy nights out subject to the same relentless scrutiny as other A-listers.

The monarchy has gained in star power, and perhaps lost in dignity, since William's mother, Princess Diana, jumped into the royal family and changed it forever.

On British newsstands ahead of Friday's wedding, Kate and William beam from the covers of

celebrity magazines alongside Catherine Zeta-Jones, singer Cheryl Cole and surgically-altered glamour model Katie Price.

It's easy to forget that it was not always like this.

"When I was growing up I thought the royal family was harmless but a bit boring," said novelist Monica Ali, whose new book, "Untold Story," imagines an alternate future for Princess Diana.

"Kate is not just marrying into the royal family," Ali said. "She is marrying into celebrity. She is entering the game show of the first wives' club. She'll be competing with Michelle Obama and Carla Bruni."

THE ASSOCIATED PRESS

# NATO strikes heart of Gadhafi's camp

► Gadhafi's compound crushed under air strikes ► Assault on rebels deepens Libyan ruler's international isolation ► Prompts new demands for ouster

The latest NATO air strike on Moammar Gadhafi's compound that reduced parts of it to a smouldering ruin steps up pressure on the increasingly embattled Libyan leader as he struggles to hold onto the western half of the country.

A Libyan government spokesman denounced yesterday's bombing as a failed assassination attempt, saying the 69-year-old leader was healthy, "in high spirits" and carrying on business as usual.

A separate air strike elsewhere in Tripoli targeted Libyan TV and temporarily knocked it off the air, a government spokesman said, speaking on condition of anonymity because he was not authorized to brief reporters.

Since an armed uprising erupted in mid-February, Gadhafi has been clinging to control in the western half of Libya, while opposition forces run most of the east. A NATO campaign of air strikes has sought to break a battlefield stalemate, and the U.S. last week added armed U.S. Predator drones to the mission. Italy said yesterday its military will join in strategic bombing raids in Libya.

NATO said its latest air



► In this photo taken on a government-organized trip, Libyan soldiers inspect damage following an air strike in Tripoli, Libya, early yesterday.

strike sought to destroy a communications headquarters used to co-ordinate attacks on civilians. A spokesman for the alliance said it is increasingly targeting facilities linked to Gadhafi's regime.

"We have moved on to those command and control facilities that are used to co-ordinate such attacks by regime forces," the spokesman said of the strike on Bab al-Aziziya, which was hit last month, early in the NATO air cam-

**"As soon as we clear out the hospital of injuries, Gadhafi fills it up for us again."**

A DOCTOR IN MISRATA, SPEAKING ON CONDITION OF ANONYMITY

paign. The official spoke on condition of anonymity in line with military briefing regulations.

Gadhafi's forces unleashed new shelling yesterday on Misrata, killing at least 10 people following a weekend pounding that belied government claims its troops were

holding their fire as they withdrew from the western city that has been besieged for nearly two months.

Among the dead from a shattered residential neighbourhood was an entire family, according to a doctor in Misrata.

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STEVE RUSSELL/TORSTAR NEWS SERVICE

## To her own beat

- ▶ Deaf schoolgirl makes music with unique method
- ▶ She sits close to two big speakers, feels the vibrations

Beats are blaring from two subwoofers facing seven-year-old Mackenzie Ripley, a gregarious girl who makes her own music in her dad's Toronto apartment.

The room is buzzing with sound — sloppy, slightly off-kilter electronic beats — but Mackenzie cannot hear it. She feels it instead.

Born deaf, Mackenzie took an interest in making her own beats when she was only three years old, following a path blazed by her dad, a 31-year-old music producer named Graham Wood.

Wood, who has a day job

### Online

▶ Cosmic Slurpee includes spaced-out songs like Space Kittens! and Pink and Purple and Green and Black, which can be listened to for free.

as a cook, creates spacey music he calls “experimental broken-beat hip-hop.” It’s more popular in Europe than here, he says. In the music world, he’s known as “9planets.” Mackenzie, naturally, has become “Lil Pluto.”

At first, Mackenzie’s mom, Sarah Ripley, whom she lives with most of the

time, says her daughter didn’t tell her much about what she and her dad got up to during visits to his apartment/studio.

“It was almost a secret little thing that they did together,” says Ripley, 26. “Now that she’s really good at it she wants everybody to know.”

Wood helped Mackenzie record a five-track EP, Cosmic Slurpee, which is now available online through an independent French label called Cascade Records.

In sign language, Mackenzie says she wants people to hear her music and think it is “amazing.”

TORSTAR NEWS SERVICE

## Province makes it easier for families to adopt

About 7,000 kids in Ontario will finally become eligible for adoption under updates to the Child and Family Services Act, which also include promises of more financial support for adoptive families.

Until now, access orders given to birth parents when a child goes into the care of a Children’s Aid Society meant that child was ineligible for adoption, a situation that applies to three-quarters of the 9,000 Crown wards in the province.

“The existence of that order, even if there is no relationship and no contact, is an absolute barrier to a child being placed for adoption,” said Children’s Services Minister Laurel Broten. “This act ... would increase the number of children be-

ing adopted, and help prospective parents build forever families.”

The government wants to offer adoptive families more financial support after would-be parents complained subsidies they received as foster parents would be discontinued once adoption was completed.

It costs about \$37,000 a year to keep a child in foster care, said Broten, so the province will talk with the 46 Children’s Aid Societies — which each administer their own subsidy programs — about ways to continue the financial support after adoption.

There were about 1,000 public adoptions in Ontario in 2010, an increase of 21 per cent over the previous year. **THE CANADIAN PRESS**

### Changes

- 1 The updated legislation will allow 16- and 17-year-old youth who leave the custody of the Children’s Aid Society to return and receive support until they are 21.
- 2 The changes will also make it easier for Crown wards to attend college or university by exempting CAS financial support from student loan applications.
- 3 The province will double the number of Adoption Resource Exchanges and reduce the wait list for home studies required to begin the adoption process.

## Dozens of cats surrendered

The OSPCA says when they arrived at a home on Manor Road in midtown Toronto, they discovered more than 50 cats roaming the house.

Officials say a woman has surrendered ownership of the animals.

A vet was on the scene checking out the cats and treating them accordingly.

**THE CANADIAN PRESS**

## Baby Joseph back home

The father of 15-month-old Joseph Maraachli says he is doing well after returning to Windsor, Ont., last week from a St. Louis hospital.

Joseph, who suffers from a fatal, progressive neurological disease, had a tracheotomy at the U.S. hospital after doctors in London, Ont., would not perform the procedure.

**THE CANADIAN PRESS**

## Highway of Heroes coined

The mayor of Trent Hills, Ont., says the Royal Canadian Mint will issue a Highway of Heroes commemorative coin in the fall.

Hector Macmillan says he has received correspondence from the mint announcing the coin’s release in October. Trent Hills spearheaded an effort over a year ago to have the coin issued. **THE CANADIAN PRESS**

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# Giffords gets the OK

► Doctors give Rep. Gabrielle Giffords green light to attend husband's space launch ► Event slated for Friday

A U.S. congresswoman recovering after being shot in the head can fly to Florida this week to watch her astronaut husband rocket into space as commander of the space shuttle Endeavour, but she will return shortly after the launch to resume rehabilitation, her doctors in Houston confirmed yesterday.

The doctors at TIRR Memorial Hermann said Rep. Gabrielle Giffords is "medically able" to travel and that they view the trip to Cape Canaveral as part of her rehabilitation from a gunshot wound to the head in January.

"Medically, there is no reason she could not travel safely to Florida to partici-

## Recovery

► Giffords has not been seen publicly since the shooting and has spent the past three months relearning how to speak, walk and take care of herself.

► She has been singing — as part of musical therapy — asking for her favourite foods and visiting with family, friends and her rabbi.

► Kelly returned to training for the shuttle launch in February after taking time off to be at his wife's hospital bedside.

pate in this incredible event with her husband," said Dr. Dong Kim, director of the Mischer Neuroscience Insti-

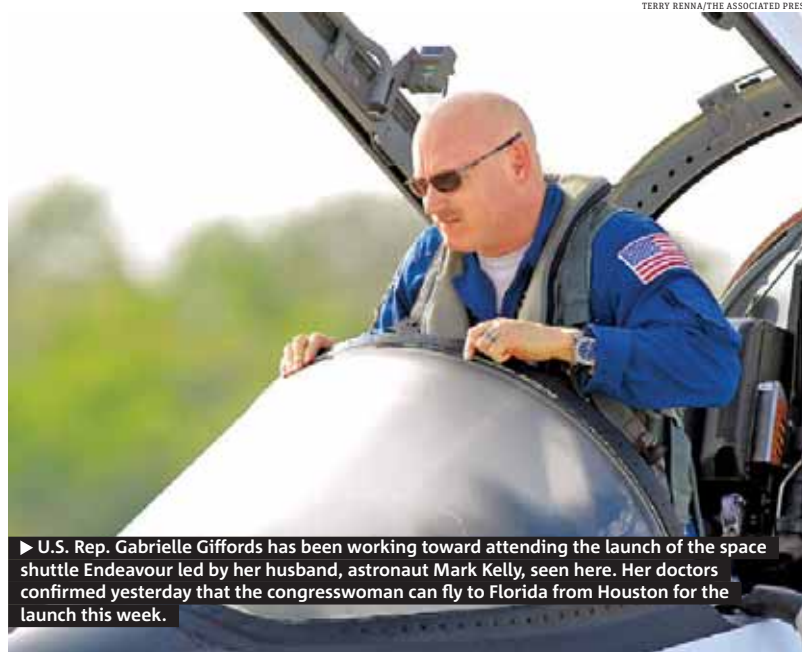
tute at Memorial Hermann.

The last time Giffords flew was when she was transported on a private jet from the hospital in Tucson, Ariz., that treated her immediately after the Jan. 8 shooting in her home state to Houston, where she has been undergoing intensive rehabilitation. But this time, her flight is not an ambulance transport, Kim added.

"She is medically able and well enough to travel without additional risks," said Kim.

Giffords went to Kelly's last launch in 2008, when he commanded the space shuttle Discovery. The two married in 2007.

THE ASSOCIATED PRESS



► U.S. Rep. Gabrielle Giffords has been working toward attending the launch of the space shuttle Endeavour led by her husband, astronaut Mark Kelly, seen here. Her doctors confirmed yesterday that the congresswoman can fly to Florida from Houston for the launch this week.

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Rocknet Telecom: 1020 St. Laurent Blvd., Unit 12  
Bullo Wireless: 1414 Walkley Road  
IGO Cyber House Inc: 223 Bank Street  
Computer Onsite: 1439 Woodroffe Ave  
Joe Mobile Tech: 780 Baseline Road, Unit 22

# Kindergartners may push upper grades out

► Grade 7 and 8 students could be bumped into high schools ► Conservative MPP criticizes program rollout

Elementary schools struggling to accommodate full-day kindergarten classes could push Grade 7 and 8 students into local high schools, Education Minister Leona Dombrowsky has acknowledged after the issue was raised by a Conservative MPP.

Dombrowsky noted some boards are already moving the younger students into high schools for other reasons, such as declining enrolment. But she said she has heard of boards considering such a move to

accommodate the full-day program. While that may be the case, she added, it is a local decision that will be made "with the best interests of students at heart."

Some boards have also said they will need additional portables to accommodate the kindergarten students all day.

The province has pledged \$450 million in capital dollars for renovations and additions to schools for full-day kindergarten for the first three years. **TORSTAR NEWS SERVICE**

## Squeezed for space

Conservative education critic Elizabeth Witmer said she is aware of boards looking to move Grades 7 and 8 students.

► She says some parents are concerned about their kids being exposed to older teens.

► Some boards are falling short on funds to run the full-day kindergarten program, she adds.

## Missing. Child



► Leila Elizabeth May, 3, was abducted after being dropped off for a scheduled visit with her mother Sunday in Sault Ste. Marie, Ont.

POLICE HANDOUT

## Alert ends, search goes on

Police in Sault Ste. Marie, Ont., are continuing their search for a three-year-old girl, although an Amber Alert has expired. The alert was issued after police said Leila Elizabeth May was abducted after being dropped off for a scheduled visit with her mother, 21-year-old Kristy Ann Barsanti.

## Scandals hurt Mountie rep in Yukon, B.C.: Poll

The RCMP enjoys the approval of an overwhelming majority of Canadians, but the force's reputation has suffered in two areas of the country hard-hit by police scandal.

Nationally, 84 per cent of 5,800 Canadians surveyed last year said they "have trust and confidence" in the force. But in British Columbia and the Yukon, that number drops to 73 and 69 per cent, respectively.

THE CANADIAN PRESS

# 50%

About half of those surveyed in B.C. and the Yukon say they believe the RCMP has "strong, reliable leaders." Nationwide, the number is 69 per cent.



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▶ An Afghan police officer inspects the entrance to an escape tunnel at the main prison in Kandahar, Afghanistan, yesterday.



# Prisoners tunnel to freedom

► Hundreds escape prison in Kandahar by digging tunnel ► Officials say most were Taliban militants

Hundreds of Taliban fighters bolted from prison in a daring escape overnight Sunday, prompting a huge hunt for the fugitives and exposing glaring security gaps in efforts to contain the insurgency.

Kandahar Gov. Tooryalai Wesa said yesterday that a total of 475 political prisoners had escaped, "including one criminal."

The insurgents had

worked for months digging the tunnel they used to get out, Wesa said.

The tunnel was started in a house located to the northeast of the Sarpoza prison in the city's Sarfooza area and continued to the entrance of the prison's political block about 300 metres away.

Wesa said later that police shot dead two inmates who tried to evade capture

and re-arrested another 26.

A spokesman for the Taliban, Qarii Yousaf Ahmadi, claimed that 541 insurgents escaped overnight after tunnelling underground to avoid security checkpoints.

The Taliban say they spent more than five months building a 1,050-foot tunnel to the main prison in southern Afghanistan.

THE ASSOCIATED PRESS

## Background

- ▶ Canadian authorities said Kandahar city was no longer their responsibility.
- ▶ The escape is reminiscent of one in 2008, when 900 prisoners broke out of the Sarpoza prison following a Taliban attack on the facility, which was under Canada's oversight at the time.
- ▶ Canadian correctional services officers spent years training guards at the prison.

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# Gates fast-tracks to biggest CN shareholder

► Holds 46.07 million shares through Cascade Investment and Bill & Melinda Gates Foundation Trust

Microsoft co-founder Bill Gates has become the largest shareholder of Canadian National Railway, with a \$3.2-billion stake in Canada's largest rail company.

Montreal-based CN says the world's second-wealthiest man owned or exercised control over 10.04 per cent of its shares as of Feb. 25.

Gates has been buying up the railway's stock since being identified as a shareholder in 2006. The value of his shares is based on yesterday's trading price of \$69.97, up nine cents in af-



► William H. Gates III

ternorm trading on the Toronto stock exchange. CN's market capitalization for its 458.6 million shares

was \$32 billion.

Gates's friend Warren Buffett, through his holding company Berkshire Hathaway Inc., acquired full control of U.S. rail company Burlington Northern Santa Fe Corp. early last year.

CN releases its first-quarter financial results today. The company's annual meeting is tomorrow in Toronto. Analysts polled by Thomson Reuters expect its adjusted earnings will rise to 88 cents per share on \$2.1 billion in revenues.

THE CANADIAN PRESS

## Car. Crash



► Workers give the final check to Toyota's Yaris compact sedans at a plant in Ohira, Japan. Domestic production last month was 129,491 vehicles, the lowest since 1976.

KOJI SASAHARA/THE ASSOCIATED PRESS

## Bumpy road ahead

Toyota Motor Corp.'s car production in Japan plummeted 62.7 per cent last month due to a parts shortage after the earthquake and tsunami. Toyota sold 8.42 million vehicles last year, just managing to keep its lead over a resurgent General Motors Co., which sold 8.39 million, thanks to booming sales in China. Given Toyota's production woes, analysts predict GM will reclaim the title of world's largest automaker, which it lost to Toyota in 2008.

## PlayStation outage ongoing

Sony Corp. is still working to rebuild its PlayStation Network seven days after an "external intrusion" caused it to suspend the service. The company turned off the service, which lets gamers connect in live play, so that it could boost network security.

THE ASSOCIATED PRESS

## Market moment

TSX	Dollar
- 64.7 (13,907.32)	- 0.09¢ (104.76¢ US)
Oil	Natural gas
- 1¢ US (\$112.28 US)	1,000 cu ft \$4.43 US (+ 1¢ US) Gold contracts \$1,509.10 US (+ \$5.30 US)

PRICES AS OF 5 P.M. YESTERDAY

# Wii shall overcome: New console on the way

The successor to Nintendo's hit Wii console will arrive next year.

In disclosing its plans yesterday, Nintendo Co. didn't say what the new system will do. But it did announce it will show a playable model of the console at the Electronic Entertainment Expo, which runs June 7 to 9 in Los Angeles.

Nintendo has dominated sales of video-game consoles and sold 86 million Wiis since launching it in 2006. Since then it has

been widely copied and elaborated on by the other major console makers.

But the Wii is showing its age. Even when it launched, it was behind the other consoles of the era, Sony Corp.'s PlayStation 3 and Microsoft Corp.'s Xbox 360, in not offering a high-definition image.

The modest hardware of the Wii has also meant that while Sony and Microsoft have been able to update their consoles with new capabilities, the Wii has seen



► A woman flaps her arms to make a character fly on a Wii Fit Plus game. The Wii made a splash when it launched in 2006 with its innovative motion-sensing controller.

DAVID MCNEW/GETTY IMAGES

relatively minor updates, such as the addition of the optional Wii Fit and ability to play Netflix movies.

Nintendo announced plans for the Wii successor as part of its financial results yesterday. Annual earnings dropped for the second straight year as sales declined. It expects sales to rise again in the fiscal year that just started, thanks to its new handheld 3DS device, which launched last month.

THE ASSOCIATED PRESS

## Knockoff game

- Microsoft launched its Kinect game-control system last fall. Using a 3-D camera, depth sensors and voice-recognition software, it recognizes your face, voice and gestures as you move around and talk.
- Sony, meanwhile, began selling a Move controller that is essentially a higher-tech version of the Wii remote.

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# EMBRACE THOSE GUILTY PLEASURES

## SHE SAYS...

JESSICA NAPIER  
METRO



I've given up trying to be cool.

For a while there I was pretty focused on being on trend; listening to the right bands (great, but not so great

that everyone already knows about them), wearing the hottest shade of nail polish, eating at restaurants that refused to take reservations. You get the point.

Lately, however, I've decided to get over myself and embrace the fact that I'm not really all that hip. In fact, I actual-

ly like a lot of things that are pretty lame. I have a lengthy iPod playlist dedicated to Brit pop from the early 2000s, enjoy eating Nutella sandwiches made with white-trash Wonder bread, and spend an embarrassing amount of time watching Say Yes To The Dress.

Once in a while I allow myself to purchase a trashy paperback housed in the young adult section of the

bookstore. Every time, I find myself hastily explaining to the cashier that my (non-existent) 14-year-old cousin just loves vampire-romance novels. At home, I hide my secret stash of tweentastic page-turners behind stacks of more acceptable reading material.

So why do I proudly display my collection of classic literature and cultural theory textbooks but conceal my worn-in copies of Harry Potter?

Scholarly pursuits, high art and fine cuisine are usually found at the top of the cultural hierarchy while reality television, monster truck

rallies and Kraft Dinner fall to the bottom. Even lettuce is subject to the high-low divide — my preference for iceberg lettuce over spinach and other leafy greens has led to a number of grocery store debates with my significant other.

Are we right in feeling so ashamed for liking certain things but not others? Is it really all that bad if you don't get modern art or if you have seen (and loved) every Vin Diesel movie ever made, including The Pacifier? So what if you're a closet Nickelback fan — I can't tell the difference between boxed wine and a \$60 bottle and I'm OK with that.

Stop defending your bad taste by claiming you like watching Teen Mom "ironically." There is no sense in denying the gratification that comes from our so-called lowbrow interests. Without guilty pleasures celebrity gossip magazines would fold, personal-sized tubs of Ben and Jerry's would go uneaten and the Kardashian empire would come crashing down. OK, maybe that wouldn't be such a bad thing.

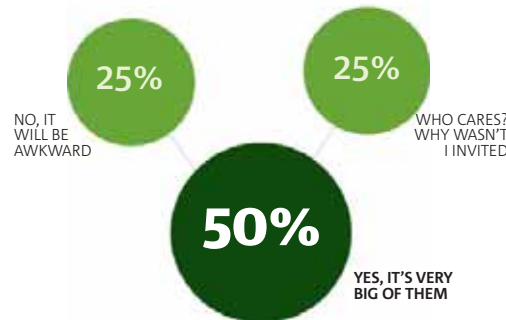
It's terribly exhausting to be sophisticated all the time so why not put the pretension aside and allow yourself to indulge guilt free.

Read more of Jessica Napier's columns at metronews.ca/shesays



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Should Prince William and Kate Middleton have invited their exes to the wedding?



## Local tweets



@Xmas  
ExchgOttawa:  
Many living in  
households

where 70 per cent + of income goes to rent are at risk of becoming #homeless in #Ottawa.

@domcoballe: Kids playing hoops, swinging, and sliding. About friggin' time mother nature. #ottawa

@kady: I think perhaps that merits repeating: YOU DO NOT NEED PHOTO ID IN ORDER TO VOTE. #elxn41

@cfitzge: @mikefisher1212 we miss you in Ottawa! Congrats on going to the

second round with Nashville!!

@KellyDeanOttawa: Welcome to the Capital! RT @BrentButt: RT @BrettAlexanderW: > how about Ontario? >> Playing May 1 in Ottawa http://bit.ly/esLXuZ

@AbzzC\_87: Is it me or does Kovalev take a lot of penalties? #smartenup kovi or go back to Ottawa

@JimWatsonOttawa: RT @defnotmartha: very excited about the news that next year's #ottcity Food and Wine Festival will be at the new Convention centre

## Letters & tweets

**TORONTO.** Your cartoon (Michael de Adder) in the April 19 paper, a jab at youth participation in voting, both shocks and offends me.

As a student committed to voting this election, I find this cartoon distasteful.

You should encourage the youth to vote, not depict us hard-working students as lazy. Youth do not vote because we feel we have no voice, nor do we feel as if our elected officials really address the issues that affect us.

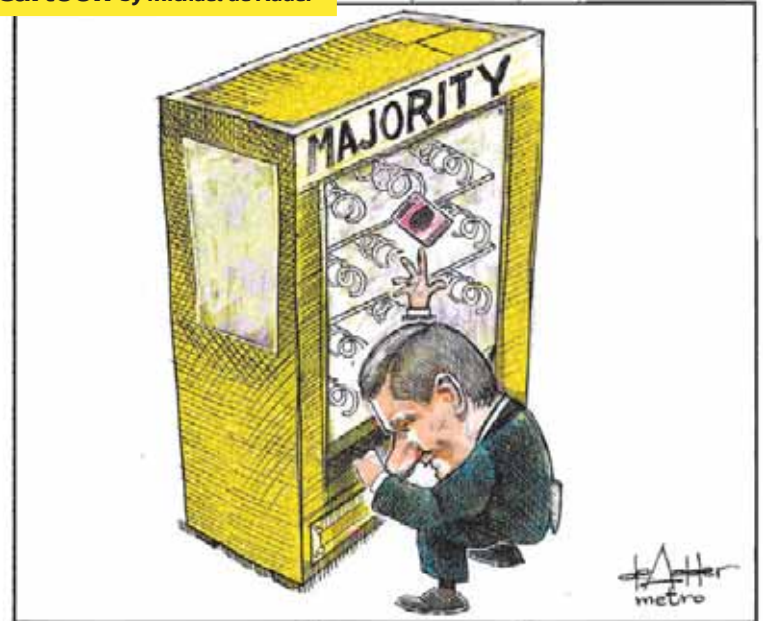
What can the federal or local leaders do for me as a student who has been unemployed for more than two years?

Maybe we don't feel the need to vote because of all the arbitrary political rhetoric that is thrown around in the media and between leaders; we are spectators who are getting scolded for not jumping into a game in which we don't even feel part of.

ANDREW WARD

@murphymichael: Dear Liberal Ad writers: You can't call @jacklayton a career politician, then turn around and say he's too inexperienced to govern. #elxn41

## Cartoon by Michael de Adder



## WEIRD NEWS

## A classic story: You never know what you'll find

Book dealer Ken Sanders has seen a lot of nothing in his decades appraising "rare" finds pulled from attics and basements, storage sheds and closets.

Sanders, who occasionally appraises items for PBS's Antiques Roadshow, often employs the "fine art of letting people down gently."

But on a recent Saturday while volunteering at a fundraiser for the

small-town museum in Sandy, Utah, just south of Salt Lake, Sanders got the surprise of a lifetime.

"Late in the afternoon, a man sat down and started unwrapping a book from a big plastic sack, informing me he had a really, really old book and he thought it might be worth some money," he said. "I kinda start, oh boy, I've heard this before."

Then he produced a tattered, partial copy of the 500-year-old Nuremberg Chronicle.

The German language edition printed by Anton Koberger and published in 1493 is a world history beginning in biblical times. It's considered one of the earliest and most lavishly illustrated books of the 15th century. **THE ASSOCIATED PRESS**



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2

scene

## Scene in brief



Eminem plans to release an EP of new material that he recorded with fellow Detroit rapper Royce da 5'9". The pair first worked together in the late 1990s, calling themselves Bad Meets Evil, with Royce da 5'9" as the "bad" and Eminem as the "evil" half.

THE ASSOCIATED PRESS



Rapper-producer Pharrell works with eco-friendly company but still struggles to be green

# Prom's Teegarden is a star on the rise



► Aimee Teegarden stars in Prom, which opens on Friday.

► Friday Night Lights star has found plenty of movie work since TV show ended ► The 21-year-old is even producing her own movie



ANNE  
BRODIE  
SCENE@METRONEWS.CA

Aimee Teegarden is smart, beautiful and good natured, but she doesn't have a date for the dance she's organizing in Prom. While that irony sinks in, consider how smart she is in real life. After five years on Friday Night Lights, the 21-year-old is producing her own projects.

"I've had amazing opportunities," Teegarden said. "I've seen what everyone's job entailed and jumped at the idea of creating my own work from now on. Finding projects and scripts to get them up and running excites me."

Prom follows high school seniors anxiously awaiting the end of school ritual.

"They get senior-itis, wondering if they'll go to college or figure out whether to with their boyfriend or girlfriend," she said. "It's not glossy and sparkly and singing and dancing in the hallways."

## Prom movies

Here are some other prom-related movies.

- Pretty in Pink (1986)
- 10 Things I Hate About You (1999)
- Never Been Kissed (1999)
- Footloose (1984)

"It's a film that will be relatable 30 years from now, and it will always take people back to high school when everything was the biggest issue in the world."

Teegarden and FNL cast mate Taylor Kitsch have a world of opportunities now that the show has ended. "Taylor Kitsch is off being Mr. Movie Star!," Teegarden said. "But we do talk from time to time. He's such a sweet, sweet guy."

Like Kitsch, Teegarden is hitting her stride. "I went straight to Prom, then Scream 4 and Beautiful Wave," she said. "I'm producing Beyond the Darkness for Dennis Quaid at the end of the year. I'm so very busy and so very lucky." ... And smart.



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# Girl Friday pursues 'real' music career

► Despite mass criticism of viral video, Black turns Internet infamy into five-song album

It's Friday. Instead of spending the last day of her spring break vacation on the beach or at a theme park like so many other teenagers, Rebecca Black is recording tunes at the suburban studio of Charlton Pettus, a music producer who has worked with such singers as Hilary Duff and Clay Aiken. Rebecca realizes that this is unusual.

"I'm definitely not some normal 13-year-old girl that barely anyone knows around school anymore," she proclaims.

"Well, you used to be," her mother, Georgina Kelly, gently reminds her.

The self-described "musical theatre geek" from Anaheim, Calif., abandoned normalcy a month ago when her independent music video Friday became one of the most popular — and parodied — songs on the Internet.

The cheesy video and cheerful tune, anchored by Rebecca's nasally flat voice, was created for her by for-hire pop music pro-



► Rebecca Black became the laughing stock of the Internet with her independent music video, yet Friday sits at No. 64 on iTunes' single chart.

ducers Ark Music Factory.

While Friday has its fans, it has overwhelming more critics, and has been endlessly lampooned for its searing mediocrity.

Matthew Perpetua of Rolling Stone wrote that the fascination "mainly comes down to its subpar production values, grating hooks and extraordinarily stupid lyrics," but noted that there's something "uniquely compelling" about it.

That's likely why Friday has garnered more than 118 million YouTube views and sits at No. 64 on iTunes' single chart.

Rebecca contends that being picked on in school prepared her for her role as YouTube court jester and that she only shed tears once over the massive critical onslaught.

If anything, she's more motivated than ever to prove the millions of naysayers wrong by turn-

ing her virtual infamy into an actual music career.

"I was bullied all the time in school," Rebecca says. "I don't know what was so different about me that made people want to pick on me. I thank those people because if it wasn't for them, I wouldn't be here right now. I would probably still be sitting at home crying. I've dealt with that my whole life. I've learned to have a thick skin." **THE ASSOCIATED PRESS**

## Harris inspired by folk legend on new album

CHRIS YOUNG/THE CANADIAN PRESS



► Emmylou Harris

Emmylou Harris says that late Montreal folk legend Kate McGarrigle was one of the most extraordinary musicians she's ever known.

McGarrigle died of cancer last year at age 63, and Harris's new disc *Hard Bargain* — which comes out today — has a delicate tune devoted to the memory of the captivating singer-songwriter, called *Darlin' Kate*.

"I really do miss Kate a lot," Harris said softly during a recent interview in Toronto.

"Her songwriting, just so beautiful, and her singing. And the two of them together just made a sound that thrills my soul. But really, this song was about losing a friend."

Over a wispy acoustic guitar and piano, Harris sings a simultaneously hopeful and mournful tribute, which ends with the line: "If there was one

name I could consecrate/It would be yours, it would be Kate."

The album's title is taken from a tune from the noted Canuck songwriter Ron Sexsmith, which Harris covers on the record.

"He writes those lovely melodies, so the song just had everything going for it," she says, later noting that the Sexsmith connection is only one of her many Canadian ties — she also points out her love of Lanois, Neil Young, Joni Mitchell and the Band.

"How come I'm not an honorary Canadian citizen? Why has this not happened for me? Why do they still hassle me at the border?"

The Sexsmith tune is one of only two covers on the record, with Harris nabbing a songwriting credit on the album's other 11 tracks. **THE CANADIAN PRESS**



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PHOTO: FRÉDÉRIC LAFORT

# Shelton back in studio after Honey Bee buzz



► Blake Shelton performs during the CMA Music Festival in Nashville.

► Country star to finish recording album this week after new single skyrockets up the charts ► Originally slated for the fall, album is now due out July 12

Blake Shelton knows an opportunity when he sees one.

With his new single Honey Bee setting a record for digital sales and rocketing up the charts, the country singer and soon-to-be reality television coach is going into the studio this week to finish his next album.

"Playing your cards too close to your chest doesn't pay out," Shelton said.

"I feel like right now if I've got a single that's exploding, easily my fastest climber, I don't want to do something like wait and put (the album) out in the fall. It's when you rally the troops and say, 'Man, we've got to get this thing done.'"

Until Shelton debuted the single during The Academy of Country Music Awards earlier this month, he was content to finish the album later this summer and release it in the fall.

He's got plenty to do as it is. His marriage to Miranda Lambert comes May 14 and his stint on NBC's The Voice debuts tomorrow, with live shows in June.

But that ACM awards performance of Honey Bee spurred a sales buzz and the single sold more than 138,000 digital copies its first

week, a record for a country male solo artist.

It was the greatest gain on the Billboard country songs chart and jumped to No. 21 last week. That's light speed in the world of country radio.

So now the album is due out July 12 and Shelton's hitting Nashville this week to finish the untitled album with producer Scott Hendricks pronto.

He's already got the songs picked out. It's just a matter of laying them down. Expect a good times vibe.

"Honestly it's just songs that I can kind of relate to at this moment of my life," Shelton said. "I'm getting married in about a month and just really feeling good about everything in my life ... It's definitely songs from a guy wishing I could freeze this moment for the rest of time."

THE ASSOCIATED PRESS

## TV picks

### New talent show to air

**REALITY.** Pop stars Christina Aguilera and Cee Lo Green, Maroon 5 frontman Adam Levine and country crooner Blake Shelton serve as "coaches" in the new talent competition, *The Voice*. Hosted by Carson Daly, the series sees the panel members listening to performers with their backs to the stage. When they like someone, the coaches hit a special button to select singers for their team and turn around in their chairs to see them for the first time.

(CTV, NBC)

THE CANADIAN PRESS

### Glee out with Gaga

**MUSICAL.** Meanwhile, the singers on *Glee* learn about self-acceptance through Lady Gaga's music in a special new 90-minute episode. Elsewhere, Lauren and Quinn compete for prom queen and Emma tackles her obsessive issues.

(Global, Fox)

THE CANADIAN PRESS

## Fightville delves into unforgiving MMA world

A star in the making. A troubled young talent. A charismatic promoter. A wise veteran manager.

Documentary filmmakers Michael Tucker and Petra Epperlein hit the jackpot when they embarked on *Fightville*. They just didn't know it at first, starting the project almost by accident.

Known for war documentaries like *Gunner Palace*, the filmmakers turned to mixed martial arts after one of the soldiers they had met invited them to Louisiana in 2008 to watch him in an amateur fight. They saw several fight cards and went back to their producers.

"We think there's a

film in this. Nobody has done a correct film about this subject," Tucker recalled telling them. "And we just started."

The resulting 85-minute film airs next Thursday and Friday at Toronto's Hot Docs festival.

*Fightville* arrives in Toronto the same week as the UFC does for a record-

breaking show before 55,000 at the Rogers Centre.

The film, named after a neighbourhood in Lafayette, serves as a timely backgrounder to that spectacle, offering a look at the demanding, often brutal life young fighters have to live to follow their dream.

Tucker and Epperlein weave several stories to-

gether, showing the rise of Dustin (The Diamond) Poirier — a rising star who was on one of the first cards the filmmakers saw — and training partner Albert Stainback's detours.

Pulling the strings are Tim Credeur, a veteran fighter and manager who is a Yoda-like presence in the movie, and charismatic

local promoter Gil (The Thrill) Guillory.

Producers may have expected a documentary on a violent sport. And while there are a few bloody fight scenes, *Fightville* offers much more.

"What we came back with was really a film about a sport," said Tucker.

THE CANADIAN PRESS

UNTANGLE LIFE'S CHALLENGES

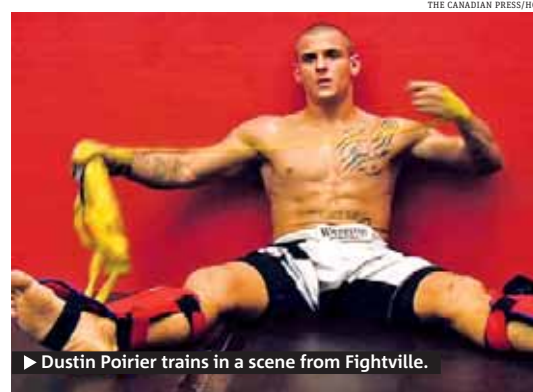
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► Dustin Poirier trains in a scene from *Fightville*.



Movie reviews

See it twice 🌟🌟🌟🌟 | See it now 🌟🌟🌟 | Worth watching 🌟🌟 | Yawn 🌟 | Don't bother 🌟

## Exploring the journey of grief

### Rabbit Hole

Genre: Drama

Director: John Cameron Mitchell

Stars: Nicole Kidman, Aaron Eckhart

🌟🌟🌟

Becca (Nicole Kidman) isn't coping with the car-accident death eight months ago of her young son Danny, and who says she should?

Just about everybody. Her practical husband Howie (Aaron Eckhart) wants Becca to resume living by attending group sessions with other bereaved parents.

Becca's sturdy mother Nat (Dianne Wiest) reminds her daughter that she also lost a son, Becca's brother Arthur, and she got over it.

Then there's Becca's sister Izzy (Tammy Blanchard), who has repeatedly screwed up her



life, yet is delighted to discover she's pregnant. Why can't Becca just be happy for her?

And so it goes in Rabbit Hole, a perceptive and sympathetic film by John Cameron Mitchell that looks at grief by way of

selfish reasonableness.

The movie is a mature statement by Mitchell, whose previous films Shortbus and Hedwig and the Angry Inch took sex as life's major preoccupation.

Rabbit Hole sees a world that is trying to be ordered

and nice — but as Kidman's Oscar-nominated Becca curtly observes, "Things aren't nice anymore."

Extras include a director's commentary and deleted scenes.

● PETER HOWELL

### Casino Jack

Genre: Biography

Director: George Hickenlooper

Stars: Kevin Spacey, Kelly Preston

🌟🌟

Isn't it funny how drama so often tells the greater truth?

A documentary at Sundance 2010 on the ethical extremes of disgraced U.S. über-lobbyist Jack Abramoff was both a snoozer and puzzler.

But George Hickenlooper, who died prior to release of the film, summons a golden performance out of Kevin Spacey. The film traverses similar ground to the doc, revealing a man who wanted to be both filthy rich and godly. But it has a sense of humour the doc lacks, and goes deeper in Abramoff's psyche.

Barry Pepper, Kelly



Preston and Jon Lovitz provide solid support, although the film may ultimately be of interest only to U.S. political junkies.

Extras include a director's photo diary, deleted scenes and a gag reel.

● PETER HOWELL

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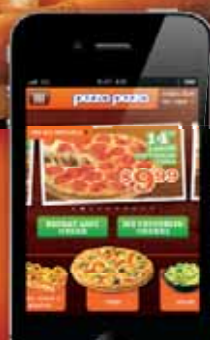
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## Rocking reception for Will and Kate

► Beyoncé, Jay-Z may be among entertainment after royal wedding  
► Planning less formal bash for friends after official reception

Beyoncé and Jay-Z have reportedly been asked to perform for Prince William and Kate Middleton after their wedding Friday, according to the Daily Star. "Both William and Kate are massive fans of Beyoncé and Jay-Z," a source says. "Will and Kate will have an official reception for hundreds of dignitaries before throwing a less formal bash for loved ones. They both wanted to ditch traditions and make it more personal for them." Beyoncé is currently in Europe promoting her new single. ● METRO



ALL PHOTOS GETTY IMAGES FILE



► Lindsay Lohan

## Five hours in jail too much?

After her latest trip to jail — even for just five hours — Lindsay Lohan is reportedly getting fed up with how she's being treated. "She is being treated differently from everyone else because she is famous," a source close to the actress tells Popeater.

"We were all in shock when she was forced to return to jail just to make an example out of her. It's not right. Especially when she is working so hard to live a healthy life. It's obvious this is only happening because she is famous."

● METRO

## 'Free spirit' Hugh still hard to catch

Hugh Grant reportedly has a new woman in his life, but he's keeping the relationship under wraps, according to News of the World. The actor and Tingle Hong have reportedly been seeing each other since January. But the notoriously commitment-shy Grant, 50, isn't about to settle down. "He's still a free spirit," a source says. "Ting's a lovely girl, ... but as ever he's a very difficult man to nail down." ● METRO



► Hugh Grant

## No more pizza for Britney

Britney Spears is reportedly serious about maintaining her new healthy lifestyle, if her tour demands are any indication.

The singer has ordered caterers at stops for her Femme Fatale tour to exclude any junk food, including hot dogs, pizza and cookie dough ice cream, according to the Sun. And Spears has reportedly also banned al-

cohol from her presence as well. She'll also be travelling with a small gym and a humidifier, according to the report.

● METRO



Britney Spears

### Celebrity tweets



"Going to try to tweet more."



@RedHourBen



@ElizabethHurley

"Pouring with rain in.....India! What? Some mistake, surely....."

@sn00KI



"As everyone's planning their night at the club, I'm wondering when Golds closes lol."

@SethMacFarlane



"Like all great artists, Tony Danza never actually came out and said who the boss was. They left it to the viewer to decide."

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► Reducing the spread of HIV and AIDS can help put the disease into long-term remission.

# Copying Canadians

► Made-in-Canada HIV treatment being implemented by other countries around the world

**CELIA MILNE**  
LIFE@METRONEWS.CA

Thanks to a program pioneered in Canada, future cases of AIDS around the world are being prevented.

HAART, which stands for highly active antiretroviral therapy, uses triple-drug therapy to stop HIV in its tracks. B.C. has been using HAART treatment as prevention since 1996, with dramatic results. "While an outright cure for HIV remains elusive,

HAART has transformed HIV infection from a short-term death sentence into a chronic, manageable condition and helped restore the health of thousands in Canada and millions worldwide," says Dr. Julio Montaner, director of the British Columbia Centre for Excellence in HIV/AIDS at St. Paul's Hospital.

The B.C. Centre for Excellence in HIV/AIDS pioneered the concept of Treatment as Prevention and proved that it not only

**"In appropriately treated individuals, HAART reduces the concentration of HIV present in plasma."**

DR. JULIO MONTANER

transforms HIV infection into a long-term chronic manageable disease, it also dramatically decreases HIV transmission rates. HAART therapy is available across Canada.

China recently adopted

a similar program as its national HIV policy. The made-in-Canada strategy is also being echoed in San Francisco, New York (the Bronx) and Washington.

Here's the impact the program has had in BC: In the early 1990s, at least one British Columbian per day was dying of AIDS. Since HAART's introduction in 1996, AIDS-related mortality has fallen by more than 90 per cent among those receiving treatment, says Dr. Montaner, who is also chair in

AIDS research and head of division of AIDS at the University of British Columbia.

"In appropriately treated individuals, HAART reduces the concentration of HIV present in plasma and in sexual fluids to levels so low as to be undetectable by the best commercially available tests," says Montaner.

Reducing the infection allows people's immune systems to recover and stops the progression of HIV disease and even AIDS.

3  
life

HAART



HAART has virtually eliminated vertical transmission of HIV, i.e. from an HIV infected mother to her baby. New cases of HIV among injection drug users in B.C. have decreased by 50 per cent since 2007. ● CELIA MILNE



Prognosis improves over time for most cancer patients: StatsCan study

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METRO WORLD NEWS IN LONDON

Come rain or shine, fitness experts Carlos Leon and Jeff Bell talk us through six simple exercises we can do at home.

# 1

## Push ups

**How:** Start on your hands and feet. Keep the torso in a straight line by drawing in your belly and maintaining a sturdy plank position. Lower the torso toward the floor stopping two to four inches above the floor. Press the torso back up maintaining the tight straight line in the body.

**Repetitions:** 5 to 20

**Benefits:** This works the shoulders, chest, back and your core.



3A0256

# 2

## Burpees

**How:** From a standing position crouch down until your hands touch the floor in front of you and your

hips drop to knee level (no lower) and immediately thrust both legs back to assume a push up position on your hands and feet, not your knees. Now reverse the thrust back to the crouch position and quickly stand up.

**Repetitions:** 8 to 15

**Benefits:** This strengthens legs, activates the core and shoulders, burns calories and increases heart rate.

# 3

## Squats



**How:** Start with your feet hip width apart, pointed straight ahead or slightly out (no more than 30 degrees). Place a small stool or bench behind you as a direction and depth marker. Place your hands on your hips, overhead or straight out in front of you at chest level. Sit back initiating the squat with your hips. As you squat, focus on keeping your torso as upright as possible. Keep your knees directly over your ankles or toes and lower down until your hips are as low as your knees.

**Repetitions:** 12 to 25

## Side to side lunges to overhead press with weight

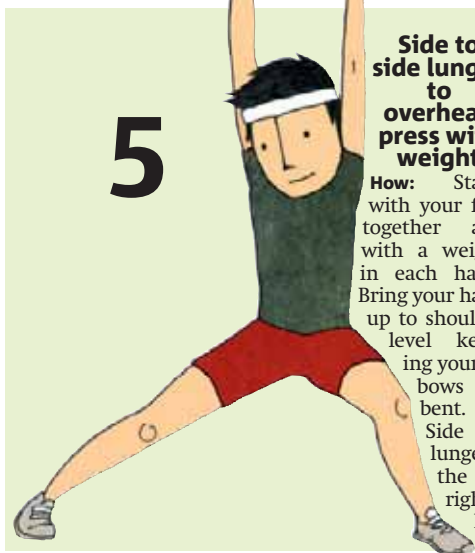
**How:** Stand with your feet together and with a weight in each hand. Bring your hand up to shoulder level keeping your elbows bent. Side lunge the right leg

directly to the right just beyond hip width apart. Bend the right knee as your foot lands on the floor. Squat down, taking your hips back to knee height and keeping the left leg straight land with both feet flat. Reverse the lunge back to the middle placing your feet together as you press both dumbbells directly overhead. Repeat the exact same lunge with the left leg this time.

**Repetitions:** Repeat performing alternate sides 10-20 times

**Benefits:** This will strengthen and stretch the groin muscles and improve hip joint and mobility.

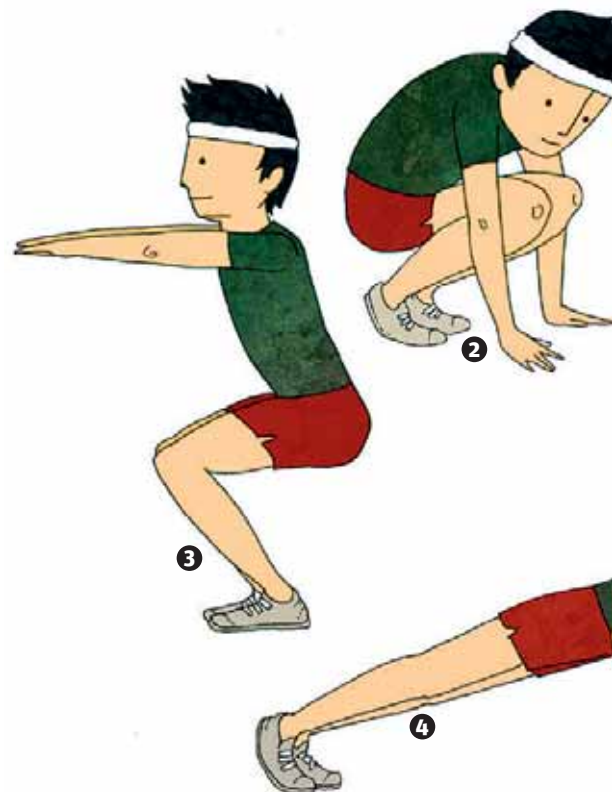
# 5



# 4

## Renegade Rows

**How:** With two moderate weight dumbbells, one in each hand, assume a push up position with your hands gripping the weights. While balancing on the left arm and both feet, slowly (and with control) pull the right hand (bending the el-



bow) until the hand reaches the ribs. Return the right hand back to the floor (do not shift your hips) then with control repeat with the left hand. Next, keeping the hips still and level with the spine, draw the right knee to the left elbow then return to the floor and repeat with the left leg.

**Repetitions:** Perform each arm and leg action in sequence (pull/pull-knee-knee) for a minimum of 4 repetitions working up to 12 repetitions

# 6

## Side oblique reaches

**How:** Lying on your side, place your elbow on the floor directly underneath your shoulder, palms fac-

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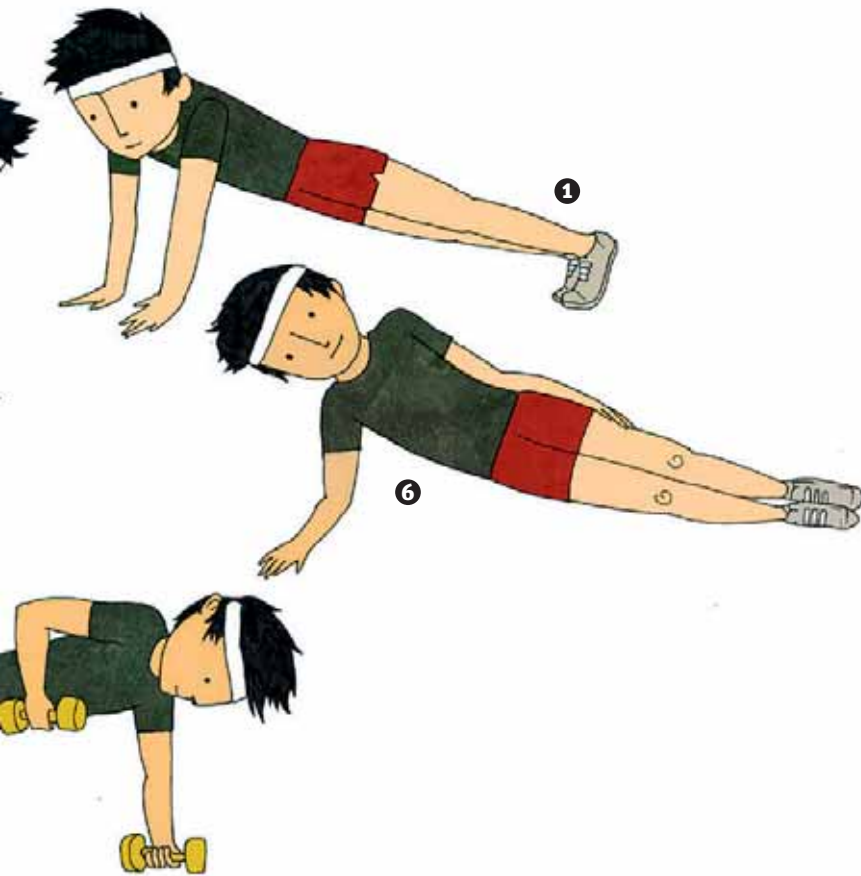


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ing down. Lift the floor facing side of your body up onto your elbow and feet. Stack your feet one on top of the other or cross your top foot over the bottom foot. Focus on using the side abdominal muscles (the obliques) to hold the

body in place as you let your free arm reach up to the ceiling. This is called the oblique top position. Next reach and rotate the top arm. Rotate the torso approximately 20-30 degrees. Return the top arm to the top oblique position.

**Repetitions:** 6-12 times on each side

**Benefits:** This strengthens the core and obliques, shoulders and outer hip muscles and helps build stability and balance throughout the entire body.

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Michelle

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## Thoughts on Awakening

**UNPLUG.** Any moment can bring an awakening to what really matters. It's the moments when

you engage yourself completely, nothing in the future exists and nothing in the past is holding you

back. While it might be a challenge to always be present, be aware of your surroundings.

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A reminder from your eye health professionals:  
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## Does misery love company?

An intriguing new study revealed some interesting things about mood.

Researchers who study how people's sense of well-being varies from place to place decided to compare their findings with suicide rates.

The surprising result: The happiest places some-

times also have the highest suicide rates.

"Discontented people in a happy place may feel particularly harshly treated by life," suggested Andrew Oswald of the University of Warwick in England.

Or, put another way by co-author Stephen Wu of Hamilton College in Clin-

ton, New York, those surrounded by unhappy people may not feel so bad for themselves.

But Wu urged caution in drawing conclusions.

"I don't think that means if you are unhappy you should be around others who are unhappy."

**THE ASSOCIATED PRESS**

## Yoga makes the healthy heart grow fonder

Practicing yoga (especially the downward dog pose) on a regular basis could help regulate heart beat, reduce symptoms of depression and lower the risk of a stroke.

The research carried out by Dr Lakkireddy and the University of Kansas Hospital showed that after three months of doing poses, breathing exercises and yogic meditation, patients suffering from atrial fibrillation (a common heart defect) reported less anxiety and depression and fewer irregular heartbeats.

Lakkireddy insisted that yoga is a healthy complement to existing medication, not a replacement. **ROMINA MCGUINNESS**

Yoga pose. Downward dog



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### WHAT EXACTLY IS BIOFILM?

Some of you might have seen certain toothpaste commercials on television talking about what appears to be the latest threat to your oral health... biofilm!

If so, you might have wondered **what is biofilm?**

The first thing to be aware of is that **biofilm is not a new oral health issue!** In fact, most of you are probably familiar with another term for biofilm as it relates to your oral health...namely, **plaque!**

The **plaque** that forms on your teeth is a **form of biofilm**. It is not some brand new form of mutated superbug that did not previously exist. It was always there! We simply did not have the technology to recognize it! More importantly, **we did not understand how it develops and grows.**

Knowing that biofilm is really just plaque may still leave you wondering what exactly is biofilm? And what do we know about it now that we did not know before?

**Biofilm is a complex community of bacteria that has adhered to some sort of surface, such as a tooth. It is protected by an exterior surface of, for want of a better word, slime.**

Beneath this slime is a **well organized**



Dr. Wayne Perron  
Dental Surgeon

**community of bacteria.** As part of that organization, it is interesting to note that **different types of bacteria will thrive in different locations within the biofilm.**

For instance, deep within the biofilm, where it is harder for air to reach, you will find bacteria that survive better with less oxygen. Conversely, as you move to the exterior surface, the bacteria you find there need higher levels of oxygen to thrive. **These different types of bacteria have found a way to meet their individual needs while surviving together in the same colony.**

The colony also has an elaborate system for eliminating its own waste products.

From our standpoint as dentists, the exterior slimy surface as well as the ability of these bacteria to adhere to teeth makes them **difficult to remove.** Anti-biotics are ineffective at killing them while rinses cannot eliminate them.

Fortunately, biofilm bacteria can be wiped off the surface of your teeth. And that means **regular brushing and flossing.** Brushing has to be for at least two minutes each time in order to be effective at removing biofilm. It is such a sticky substance that casually wiping the surface is not enough to remove it from your teeth.

And even if you maintain good brushing and flossing habits, **biofilm will grow underneath the gums where the brush and floss cannot reach.** Regular trips to the dentist are essential to clean the biofilm from the area of the teeth beneath the gumline.

So there you have it. Next time you see that commercial, you will know that biofilm is nothing new. However, we now understand it better. That means we are in a better position to know how to eliminate it. Because understanding how to remove biofilm is a healthy habit... and healthy habits lead to healthy lives!

Dr. Wayne Perron  
- Dental Surgeon

### Benefits

- ▶ Calms the brain; helps relieve stress and mild depression
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- ▶ Helps prevent osteoporosis
- ▶ Improves digestion
- ▶ Relieves headache, insomnia, back pain and fatigue
- ▶ Therapeutic for high blood pressure, asthma, flat feet, sciatica and sinusitis

### What you do

- 1** Come onto the floor on your hands and knees. Set your knees directly below your hips and your hands slightly forward of your shoulders. Spread your palms, index fingers parallel or slightly turned out, and turn your toes under.
- 2** Exhale and lift your knees away from the floor. At first keep the knees slightly bent and the heels lifted away from the floor. Lengthen your tailbone away from the back of your pelvis and press it lightly toward the pubis. Against this resistance, lift the sitting bones toward the ceiling.
- 3** Then with an exhalation, push your top thighs back and stretch your heels onto or down toward the floor. Straighten your knees but be sure not to lock them.
- 4** Firm the outer arms and press the bases of the index fingers actively into the floor. Firm your shoulder blades against your back, then widen them and draw them toward the tailbone. Keep the head between the upper arms; don't let it hang.
- 5** Stay in this pose anywhere from 1 to 3 minutes. **STEPHANIE KNUTSSON, BODYISM YOGA INSTRUCTOR**



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ISTOCK PHOTO

► A new study has predicted that in the future lunch is the meal most likely to be skipped.

## Looking at the food forecast

- Baby boomers predicted to eat more prepared foods
- Younger generation will be skipping meals: study

In 10 years, it's expected that Canadian baby boomers will eat more convenience foods while people born after 1993 will be skipping more meals, according to research released last week.

A study conducted by Toronto marketing research firm NPQ Group, called A Look into The Future of Eating — Canadian Marketplace, says that each generation will make its own distinctive mark

on food consumption trends over the next decade.

In their analysis, the NPQ Group asked people across the country to keep a food diary for seven days. It predicted what each generation will be eating in 10 years and whether people tend to eat more or less of a food as they age, and looked at which age groups are growing or declining, explained Joel Greig, a food and beverage

industry analyst with the NPQ Group.

The top food groups expected to increase in importance are salty/savoury snacks, which include cheese, and easy meals, such as yogurt or snack bars.

Two of the food groups forecasted to decline in importance are heat-and-eat breakfasts and combination dishes, such as soups and stews.

**THE CANADIAN PRESS**

## Cut down with kudzu

The root of the kudzu plant could help curb — not stop — your drinking.

Assistant Professor of Psychology at Harvard Medical School Dr. David Penetar explains how the root contains isoflavones, traditionally used in Chinese medicine to treat general maladies such as mild fever in addition to alco-



GETTY IMAGES

hol-related problems.

"In our experiment we found kudzu significantly decreased alcohol intake (beer) in a 1.5 hour after-

noon laboratory drinking session."

Penetar emphasizes that although it only reduced drinking, it might be effective to control binge drinking (more than five drinks in a short period of time). Kudzu is traditionally made into a powder and then brewed as a tea. **ROMINA MCGUINNESS**

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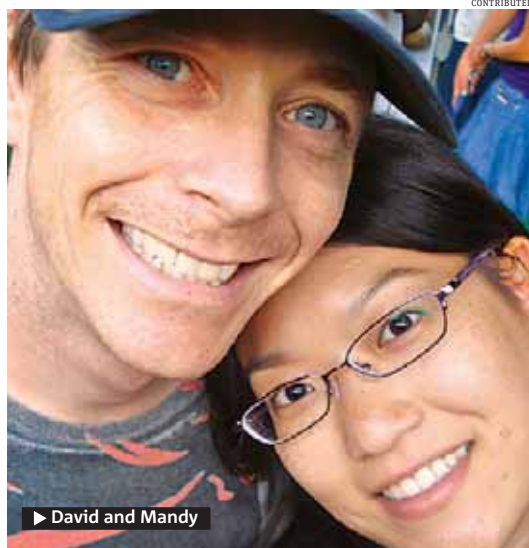
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**WARRIOR PRIDE**

A LOVE  
STORY THAT  
OVERCAME  
HARDSHIPNames:  
David and MandyHometown:  
New Westminster, B.C.Together since:  
2004Their  
story:

► David and Mandy

Both David and I (Mandy) had followed friends to a Simon Fraser University pub party and, before we knew it, we were squished together in a crowd of strangers.

The circumstances were less than romantic, but those close quarters allowed his infectious humour to grab my attention. By the end of the night, I was enamoured.

After a few phone conversations, David and I went on our first date.

I knew immediately that there was something

special about him.

And when he took a call from his sister during our date and explained to her whom he was with, I could tell by the tone of his voice that he had been feeling the same way about me.

David is easy to fall in love with, and I did — fast.

We were lucky to know the strength and depth of our love early on as we were about to face hardship. A year and a half into our relationship, David suffered a traumatic brain injury. He had to undergo a year of intense

therapy in order to regain memories of our life together. Although he was changed, I knew our love was something special, and we remained committed to each other.

Ten months after his accident, David and his sister planned a surprise trip to Toronto for me.

He proposed at the top of the CN Tower. We married on March 3, 2011.

**WE WANT TO KNOW  
HOW YOU MET! GO TO  
2FORCOUPLES.COM NOW TO  
SUBMIT YOUR LOVE STORY**

MAYBE 'HE'S JUST  
NOT THAT INTO YOU'

I went out on a date with this guy and it went really well. We set up a second date as we both had a great time. The only problem is he never called me back! I texted him a couple of times, but aside from some random, non-committal texts back, he's never asked me out again. What did I miss?

## Clueless Against My Will

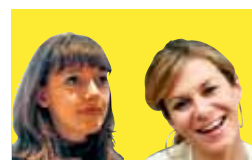
**Claire:** Dear Clueless,

If I could answer this I'd be richer than He-of-the-meringue-hairdo (Donald Trump). You say the date went well, so I assume that the conversation flowed easily, that his body language was good, and that you didn't mention that your meds have kicked in so that you don't hear "the voices" quite as often as you used to.

If any of the above is incorrect then the date didn't go as well as you thought, and that's why he didn't call.

But if it did, then this might have nothing to do

## TWO SISTERS

ANDREA & CLAIRE  
RELATIONSHIPS@METRONEWS.CA

with you: I believe that as we get older, timing increasingly dictates whether or not a relationship has a chance to bloom.

Perhaps he's in that grey area — that intersection between different phases of his life where all he knows is that he doesn't know what he wants.

The other possibility is that your date went so well that the ecstasy of your potential relationship was too life-altering for him to cope with, so he ran. In which case, keep taking your meds and move on.

**Andrea:** Dear Clueless,

There's a saying that I believe applies here: "He's just not that into you."

But don't fret. He did you a favour! By not engaging you beyond that one date, he quite possibly saved you the trouble of emotional upheaval down the road.

Although no one likes the silent treatment or pretending nothing happened, you didn't have to go through liking him, then not liking him and the inevitable, uncomfortable "we need to talk" talk.

The point is, you didn't miss a thing.

Instead, ask yourself what you liked about him, then use that information to find an even better hottie.

Once you learn to take a step back, you can enjoy the ride, and isn't that the best part?

**TWO SISTERS, 20-SOMETHING ANDREA AND 30-SOMETHING CLAIRE, OFFER THEIR DIFFERING VIEWS ON YOUR RELATIONSHIP ISSUES.**

## Letters of love in a time of war

## ► Cache of 'precious letters' shows how great-grandparents lived the Civil War

Alone in his hotel room after a solemn dinner with his brother, the newly en-

listed army surgeon took up pen and paper to make the first instalment on his

promise.

"I have a few moments," he wrote to his wife, just 16 kilometres up the coast in Lynn. "I am in such a whirl that I can hardly think, much less write."

Just four days earlier, on April 12, 1861, Confederate artillery had fired on Fort Sumter in Charleston Harbor, igniting the Civil War. On April 15, President Abraham Lincoln issued an urgent appeal "to all loyal citizens," seeking 75,000 volunteers to quell the rebellion.

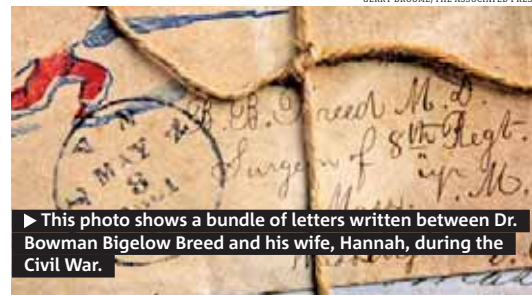
The very next day, Dr. Bowman Bigelow Breed — my great-grandfather — was on a train south, bound for Boston, and for war.

Bowman and my great-grandmother, Hannah, vowed to write to each other every day, "if only a line."

And they kept their promise as well as one can during a time of war. Except for brief furloughs and the few months when she would join him at one of his postings, they were apart from the fading echo of those first cannon shots in South Carolina until an assassin's bullet ended Lincoln's life four years later.

Their "precious letters," as each called them, would total nearly 1,000 by war's end. Growing up in Lynn, I had listened eagerly to my dad's vivid stories about the Civil War and the grandfather he never knew. But until two years ago, when my oldest brother, Putnam, handed me a heavy cardboard box containing the letters, I had no idea where those stories came from.

When I removed the first



► This photo shows a bundle of letters written between Dr. Bowman Bigelow Breed and his wife, Hannah, during the Civil War.

bundle and carefully untied the dry-rotted string, I found the letters in remarkably good shape — stained, faded, some with holes gnawed in them by vermin, but legible.

As I read them, it became clear they traced the war's entire arc, from battlefield and home front. My ancestors' missives were a pleasant revelation — chat-bled and erudite, playful and poignant. And, for a pair of supposedly stodgy Yankees, surprisingly passionate.

Once just sad-eyed faces staring out from sepia-toned photographs on a mantelpiece, Bowman and Hannah have become living, breathing people to me.

And during our own time of war, I can read in their words the struggles of any number of young American couples — separated by a sense of duty, but longing for peace and "a home together."

**ALLEN G. BREED/  
THE ASSOCIATED PRESS**

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## THE STREETS OF LONDON WILL BE CROWDED WITH ROYAL WELL-WISHERS, HOW WILL THE ROYAL GROOM AND BRIDE-TO-BE SPEND THEIR DAY?

William will spend the morning at Clarence House and travel from there to the ceremony. Kate and her family will spend the night before the wedding at the Goring Hotel, a traditional, luxurious hotel just across from Buckingham Palace.

**08:00 (London time)** Guests begin arriving at Westminster Abbey, according to their social standing.

**09:50** Foreign dignitaries arrive, followed by Foreign

Royals at 10.20.

**10:15** Prince William and Prince Harry arrive at the Abbey.

**10:27** Kate's mother and brother arrive at the Abbey.

**10:30** British Royals start to arrive at Westminster Abbey, followed by senior Royals at 10.40. The Prince of Wales arrives at 10.42, the Queen and Duke of Edinburgh at 10.45.

**10:51** Kate leaves the Goring Hotel for the Abbey - let's hope there's no traffic en route...!

**11:00** Ceremony begins at Westminster Abbey. 1,900 guests have been invited - it will be shown on huge screens in Trafalgar Square and in Hyde Park, and relayed on speakers along the route.

**12:15** After the ceremony the couple will travel by horse-drawn carriage to Buckingham Palace. The route will take them through Parliament Square, to Whitehall, down Horse Guards Parade, to the Mall and then end at the Palace. It took Charles at Diana about an hour to reach the Palace

from St. Paul's Cathedral along a similar route, but this time it will be just 15 minutes.

**1:25** After catching their breath at the palace, the couple, and the Royal Family will make an appearance on the

balcony and the couple will share a kiss.

**1:30** There will be a fly past over Buckingham Palace by the RAF.

Next, the Queen will host a lunchtime reception at the

palace. 650 guests have been invited to the reception.

**6:00** Later in the evening, Prince Charles will host a dinner at the Palace to be followed by dancing for 300 guests.

## THE ULTIMATE ROYAL WEDDING FACEBOOK PARTY

The party's here on Royal Wedding Day, and you're invited! "Like" Royal Wedding 2011 at facebook.com/WillandKate on April 29th for the latest news, info and gossip on the wedding itself, plus video reports from Royal Wedding parties around the world—London, New York City, Toronto. So stay tuned!!

More than anything, we want to hear from you on Royal Wedding Day—your comments, observations, party pictures, special messages for the newlyweds—as you witness this once-in-a-lifetime event. So "like" facebook.com/WillandKate now!



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# HOST THE BEST ROYAL WEDDING PARTY EVER!

## ROYAL WEDDING INVITATION LOST IN THE MAIL? (OURS TOO.) FEAR NOT, FAIR GUEST!

Simply invite some friends over, catch Will and Kate on the telly and party it up, royal-style! With these tips and tricks, there's no doubt your royal wedding party will be worthy of the prince and princess themselves.

By Milena Canizares, 2forcouples.com

**DECOR** Set the tone with photo invites. Pile on your fancy finery: a wide-

brimmed hat and feminine sundress for her, and an improvised royal uniform for him. Then get snap-happy! These calling cards will get guests in a regal state of mind. Bring Will and Kate to the party. Set up life-sized cutouts of the princely pair by your front door. When guests arrive, they can pose with Will and Kate as you snap Polaroids for take-home mementos. If there was ever a perfect time to bust out the fine china, this would be it. Arrange up-turned teacups and delicate plates to create stands for food. Get on board the royal wedding souvenir train! Pick up the latest memorabilia—from comics to keychains to magazines—and scatter them around your party space.

**FASHION** Establish a strict dress code for your prestigious royal wedding party: sundresses and fascinators (a.k.a. feathered headpieces) for the ladies, and

lounge suits (a.k.a. casual suits) for gents. Give guys Union Jack pocket squares to add some royal flair to their outfits. Keep strands of faux pearls on hand to give to any ladies who arrive slightly underdressed. Arrange your fanciest hats in a display for guests to play dress-up.

**FOOD & DRINK** Greet guests with monogrammed sugar cookies. Cover with white icing and use red and blue for Will and Kate's entwined initials. Serve comfort food—but with a gourmet twist. Try a grilled cheese station with unusual toppings—sauerkraut, pickles, beets and fried onions—along with tea sandwiches, spring pea soup, chèvre tarts and mini meat pies. Stock the bar with Tanqueray London Dry gin for its genuine royal heritage, which includes an official royal warrant and royal recognition dating back to the 1700s.

Toast the royal couple with cocktails representing something old, something new, something borrowed and something blue. For dessert, think rice pudding, peppermint hot-fudge sundaes, fancy cupcakes and scones with clotted cream and berries.

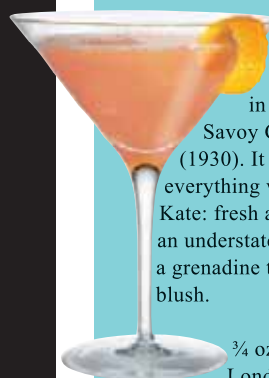
**PARTY FAVORS** Package small groupings of British candies in clear bags. Tie with royal blue ribbon and give to royal wedding party guests as a sweet parting gift. Make a take-home CD for guests. Rather than throwing rice at the television, give royal wedding party guests bubbles to blow after the I do's. Customize labels with mini flags or photos of Will and Kate.

Get in on the party with the 2forcouples.com Royal Wedding 2011 app for iPhone and iPad. For up-to-the minute Will & Kate info and giveaways, hit up facebook.com/WillandKate.

## KINGLY COCKTAILS

Angus Winchester, Global Ambassador for the House of Tanqueray, took inspiration from the old adage “something old, something new, something borrowed and something blue” to develop gin cocktails to toast the royal couple.

### SOMETHING OLD *The Blushing Bride*



This classic cocktail was first published in the famed Savoy Cocktail Book (1930). It embodies everything we love about Kate: fresh and lively, with an understated elegance, and a grenadine twist for a little blush.

¾ oz. Tanqueray London Dry gin, ¾ oz. triple sec, ½ oz. orange juice, ½ oz. lemon juice and ½ oz. grenadine.

Shake all ingredients very hard and strain into chilled cocktail glass. Garnish with orange zest.

### SOMETHING NEW *The Newlyweds*

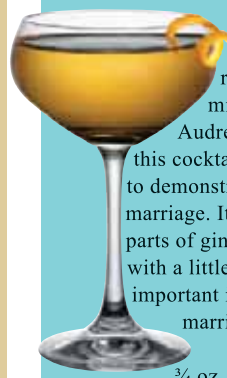
This original cocktail was handcrafted for Prince William and Kate. It features pineapple (a.k.a. “the king of fruit”) so named for its crown of leaves. Serve it in a long glass to represent the royal couples' long life together.

1 ½ oz. Tanqueray London Dry gin 1 oz. fresh lemon juice, 1 oz. simple syrup, 3 chunks fresh pineapple, 1 small slice fresh ginger and Soda water.



Muddle fruit and add remaining ingredients, except soda. Shake hard and strain into tall ice-filled glass. Add soda and garnish with pineapple leaf and wedge.

### SOMETHING BORROWED *Yin and Yang*



“Borrowed” from world-renowned mixologist, Audrey Saunders, this cocktail is intended to demonstrate equality in marriage. It features equal parts of gin and vermouth, with a little bit of spice—important in all good marriages!

¾ oz. Tanqueray London Dry gin, ¾ oz. Noilly Prat Original Dry vermouth and Dash orange bitters.

Stir all ingredients together and strain into chilled cocktail glass. Garnish with orange twist.

### SOMETHING BLUE *Colour Me Royal*

In honor of Princess Diana's sapphire engagement ring, which now adorns Kate Middleton's hand, this eye-catching drink sparkles as it forms a brilliant blue ring on the bottom of the glass.

¾ oz. Tanqueray London Dry gin, ½ oz. maraschino liqueur, ½ oz. fresh lemon juice and 1 barspoon blue curacao



Shake all ingredients, except blue curacao, and strain into chilled cocktail glass. Slowly pour blue curacao down the inside of glass to rest at the bottom.



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## GETTING FIT & STAYING FRUGAL

### FUN AND FRUGAL

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Want to save \$1,000 this summer?

Wipe the cob webs off your roller blades and tune up that rusty bicycle that's sat in storage all winter.

This summer, bike, blade, run or walk to work or social events. Rather than paying big bucks for outdoor concerts and events, grab your hiking boots and hit the local trails in Canada's beautiful national parks. Not only will you feel better about your health, but, you'll save on metro passes, vehicle maintenance, extremely expensive gasoline and entertainment.

Set a frugal fitness goal such as being active for at least 30 to 45 minutes each day.

Consider changing your eating habits too. Lounging on patios, soaking up the sunshine, having a few cold ones and snacking can add up to hundreds of dollars

throughout the summer season. Invite your friends over to kick back in your yard or balcony. Host a barbeque or meet at an empty field, have a picnic and play softball.

Set a frugal entertainment goal such as socializing with friends outside restaurants and bars once a week.

I'm an avid cook and I long for summer when I can buy a wider variety of locally grown and organic fresh food.

Buying food in season and from local growers can translate into better prices and helps support small business within your community.

Grab your favourite recipes and head to the farmer's market. Buy only what you'll need to prepare your dishes and avoid 'stocking up' which can result in wasted money by throwing out rotten items.

Set a frugal fresh food goal such as buying fresh once a week rather than bulk buying.

Take your summer savings and plough it into your Tax Free Savings Account, pay off expensive credit card debt or reward yourself if you reach your fitness, entertainment and food goals.

# Tackle taxes with a list

## ON MONEY

ALISON GRIFFITHS  
MONEY@METRONEWS.CA



If you haven't completed your 2010 tax return, a list will galvanize you.

I'm a great believer in making a list for those times when you just can't get at it — whatever "it" is.

Lists are your one-stop solution to a bout (or permanent case) of procrastination. It's oh-so reinforcing to cross off tasks as you progress.

This is particularly true in the world of money. The trick is to break the job down into easily achievable steps.

According to an H & R Block poll released April 13th, 10 per cent of filers plan on doing their taxes this week, just days before May 2, and many more won't make the deadline.

As a public service to



those procrastinators here's my income tax preparation list to get you going.

- If you're using tax software, sign on — some banks offer a discount rate with the major providers, such as TurboTax through RBC and UFile through CIBC.

You can also do-it-yourself with H & R Block software. Otherwise go to cra-arc.gc.ca, click Individuals then 2010 Tax Package to download and print, or go to the post office for a paper copy.

- Gather expense receipts

and separate into major categories; medical/dental, child, education, donations, RRSP, rental (if you own a rental property) and so on.

Total each and note it on the file or envelope.

- Gather income slips and clip together based on category - T4, T4A, T5, etc.

- Clear a desk or table surface — I'm talking all clear!

- Assemble writing implement, paper, calculator and stickies.

- Turn off or unplug your

phones so you can concentrate.

- Begin. Mark what you don't understand with a stickie (for paper filers) or make a note (for e-filers) and return to it later.

- Complete form.

- Smile if there's a refund due.

- Mail or net file form.

- Pay tax owing at your bank.

Now if only I could get my husband to start making lists!

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## Pre-nup a necessity?

Prenuptial agreements are a touchy subject. Many argue it takes the romance out of marriage, but protecting your money is a savvy, serious matter — you just never know what the future holds.

The British press has raised the issue of a royal pre-nup but Prince William's office declined to comment. In Britain, prenups are rare (unheard of in the royal family), but in Canada they're becoming more common.

Weddingbells' 2011



Reader's Survey results revealed 32 per cent of brides thought it was a smart idea, a figure that's

up six percent from the 2010 results.

ALISON MCGILL  
WEDDINGBELLS.CA

## Will do?

Did you know that many Canadians mistakenly believe that having a will is not a priority?

If you die without a will, the provincial government has its own common and impersonal formulas for the distribution of your estate.

Many people mistakenly think their estates are too small to warrant having a will, but the contrary is true.

The smaller the estate, the greater the need to have things settled quickly. Without a will, a person's affairs are managed by provincial authorities, who often have hundreds of files to attend to, which could cause unnecessary delays and extra costs.

NEWS CANADA



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# Sample a taste of Rome for lunch without leaving Ottawa

► Tomaso is a humble pizzeria specializing in grilled thin crust pizza ► Its menu features charming names such as Chicken of the New Era & Pig's Heaven

## LUNCH RUSH

SHARI GOODMAN  
FOOD@METRONEWS.CA



Transport yourself to Nice or Rome by visiting this humble Kanata pizzeria where thin crust pizzas are the specialty.

The environment is homey with a few booths and tables, chalkboard

► **Tomaso**  
450 Kanata Ave.  
613-599-4399  
Quick solo lunch: Yes  
Social lunch: Yes  
Price range: \$\$  
Rating: 4.5 out of 5



menus and simple décor. The names on the menu are charming: Chicken of the New Era (with grilled chicken, roma tomatoes, marinated artichoke hearts and feta) or Pig's Heaven (topped with pepperoni, bacon and sausage).

To add an extra smoky flavour and crisp texture, the pizzas here are grilled.

Though the chicken pizza was slightly bland, and could have used an extra handful of feta, the piggy version was perfect.

Hiding in the sauce were chunks of tomatoes

with just the right amount of toppings to accompany each bite.

This little gourmet pizzeria is a gem among the big box stores in Centrum. Now that I know a slice of Nice is only a short drive away, I plan to travel there often.

## Balsamic Glazed Mushrooms



**3** In same skillet, heat oil over medium heat; add mushrooms and stir-fry for 3 minutes. Add walnuts and stir in vinegar mix while stirring constantly until sauce bubbles and mushrooms are coated.

**4** Serve on hot rice, mixed greens or as a side dish to grilled meat. **THE CANADIAN PRESS/ MUSHROOMS.CA**

This dish can be served over hot cooked rice or salad greens for a light vegetarian meal. It will also work well as a side dish with grilled meat.

### Preparation:

**1** In measuring cup, mix together vinegar, lime juice, sugar, garlic and hot red pepper flakes; set aside.

**2** Heat large skillet over medium-high heat. Add walnuts; cook and stir constantly until lightly toasted; remove and set aside.

### Ingredients:

- 1/4 cup (50 mL) each balsamic vinegar and lime juice
- 3 tbsp (45 mL) packed brown sugar
- 2 large cloves garlic
- 1/2 tsp (2 mL) hot red pepper flakes
- 1 cup (250 mL) broken walnut pieces
- 3 tbsp (45 mL) olive oil
- 1 lb (500 g) small white or cremini mushrooms

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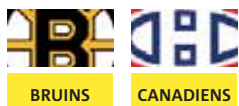
**1310 News**  
**ALL NEWS RADIO**



# Habs looking to catch a break

Scott Gomez is hoping fate will turn in the Montreal Canadiens' direction.

Overtime wins in the fourth and fifth games have given the Boston Bruins a 3-2 lead in their best-of-seven Eastern Conference quarter-final, but that's how close the battle has been between the Northeast Division rivals.



► Time: 7 p.m.  
TV: CBC

"It's a great series," Gomez said yesterday. "It's been so weird.

"It's whoever gets that little break or bounce. It's fun for us. They threw the last punch and now we have to throw one. If you looked at the teams this season, this is what it boils down to."

The Bruins can put away the Canadiens with a victory in Game 6 at the Bell Centre tonight.

It promises to be a good one, with Boston looking to come back from an 0-2 deficit to win a best-of-seven series for the first time in 27 tries, and Montreal seeking the same magic that saw them win five elimination games while ousting Washington and Pittsburgh in the opening two

rounds of the playoffs a year ago.

If Game 7 is necessary, it will be played tomorrow night in Boston.

Montreal took the first two games in Boston and the Bruins won the next two in Montreal. In the playoffs, each club has scored 12 goals.

THE CANADIAN PRESS

4  
sports

# Canucks GM blames refs for team's woes

- Luongo will start in net tonight
- Schneider will be available to play

General manager Mike Gillis is blaming the referees for the Vancouver Canucks being forced to play a Game 7 in their NHL playoff series against the Chicago Blackhawks.

Gillis said his team has its back against the wall because more penalties are being called against the Canucks than Chicago.

"I'm not sure how you explain that discrepancy, but we're going to be very hard-pressed to win hockey games if throughout the entire series, when the score is tight, they get 75 per cent more power plays than we do," Gillis said yesterday.

"That's the facts we are facing."

Coach Alain Vigneault

said goaltender Roberto Luongo will start for the Canucks tonight (CBC, 10 p.m.). In a surprise move, Vigneault started backup Cory Schneider in Game 6 Sunday night in Chicago.

"He (Luongo) knew yesterday he was either going to start Game 1 of the next series or start Game 7," said Vigneault.

A playoff that began with Vancouver being favoured to win the Stanley Cup can end in one of the most embarrassing meltdowns in franchise history.

The Canucks took a commanding 3-0 lead in the best-of-seven Western Conference quarter-final series but have lost three consecutive games.

THE CANADIAN PRESS



► Roberto Luongo adjusts his mask during practice yesterday.

DARRYL DYCK/THE CANADIAN PRESS

## Quoted



**"It's always something special. I've won it a few times."**

RED WINGS DEFENCEMAN NICKLAS LIDSTROM, A SIX-TIME NORRIS TROPHY WINNER, ON BEING A FINALIST FOR THE 11TH TIME IN 13 SEASONS FOR THE AWARD RECOGNIZING THE NHL'S BEST BLUE-LINER.

**"It means a lot to me to play at this level in this league at this age. I sat next to Chris Chelios for nine years, so I saw up close what it takes at this age to stay in shape."**

LIDSTROM, WHO TURNS 41 ON THURSDAY, THE OTHER FINALISTS FOR THE NORRIS ARE BOSTON'S ZDENO CHARA AND NASHVILLE'S SHEA WEBER.

# Judge orders end to NFL lockout

Six weeks into the NFL lockout, players have an early triumph over the owners in court.

U.S. District Judge Susan Richard Nelson ordered an immediate end to the lockout yesterday, siding with the players in their fight with the owners over how to divide the \$9-billion US business. The NFL immediately said it would ask Nel-

## What rules?

If the injunction is upheld, the NFL must resume business, although under what guidelines is uncertain.

son to put her order on hold so the league can pursue an expedited appeal to the 8th U.S. Circuit Court of

Appeals in St. Louis, Mo.

Nelson granted a request for a preliminary injunction to lift the lockout, saying she was swayed by the players' argument that the NFL's first work stoppage since 1987 is hurting their careers.

The NFL is going forward with the draft, which begins Thursday night.

THE ASSOCIATED PRESS

## Sports in brief

### Setback for Phil Hughes

MLB. Injured Yankees starter Phil Hughes had a setback yesterday in his rehabilitation from a "dead arm," cutting short a bullpen session after about a dozen pitches.

Hughes went on the disabled list April 15 be-

cause of a significant drop in his velocity this season. THE ASSOCIATED PRESS

### Laker arrested in New Orleans

NBA. Authorities say Los Angeles Lakers forward Derrick Caracter was arrested in New Orleans, accused of public drunkenness and shoving a cashier at a pancake restaurant.

THE ASSOCIATED PRESS

PLAYOFFS

All times Eastern

CONFERENCE QUARTER-FINALS

(Best-of-7 series)

EASTERN CONFERENCE

Washington (1) vs. N.Y. Rangers (8)

(Washington wins 4-1)

Philadelphia (2) vs. Buffalo (7)

(Series tied 3-3)

Sunday's result

Philadelphia 5 Buffalo 4 (OT)

Tonight's game

Buffalo at Philadelphia, 7:30 p.m.

Boston (3) vs. Montreal (6)

(Boston leads 3-2)

Tonight's game

Boston at Montreal, 7 p.m.

Tomorrow's game

x-Montreal at Boston, TBA

Pittsburgh (4) vs. Tampa Bay (5)

(Series tied 3-3)

Last night's result

Tampa Bay 4 Pittsburgh 2

Tomorrow's game

Tampa Bay at Pittsburgh, TBA

WESTERN CONFERENCE

Vancouver (1) vs. Chicago (8)

(Series tied 3-3)

Sunday's result

Chicago 4 Vancouver 3 (OT)

Tonight's game

Chicago at Vancouver, 10 p.m.

San Jose (2) vs. Los Angeles (7)

(San Jose leads 3-2)

Last night's result

San Jose at Los Angeles

Tomorrow's game

x-Los Angeles at San Jose, TBA

Detroit (3) vs. Phoenix (6)

(Detroit wins 4-0)

Anaheim (4) vs. Nashville (5)

(Nashville wins 4-2)

Sunday's result

Nashville 4 Anaheim 2

x — played only if necessary.

LIGHTNING 4, PENGUINS 2

First Period

1. Pittsburgh, Dupuis 1 (Talbot) 8:23

2. Tampa Bay, Purcell 1 (Malone, Downie) 16:36

Penalties — Kovalev Pgh (hooking) 8:30,

Letang Pgh (interference) 14:28.

Second Period

3. Tampa Bay, Bergenheim 2 (Moore, Downie) 5:44

Missed penalty shot — Conner Pit, 9:10.

Penalties — Ohlund TB (roughing) 0:32,

Bergenheim TB (high-sticking) 6:32; Ohlund

TB (hooking) 9:39; Kunitz Pgh (tripping) 15:39,

Malone TB (elbowing) 17:19.

Third Period

4. Pittsburgh, Staal 1 (Niskanen, Kennedy) 3:48

5. Tampa Bay, Downie 1 (Lecavalier, Gagne) 4:55

6. Tampa Bay, Malone 1 (Ohlund) 9:34

Penalties — Kunitz Pgh, Hedman TB (rough-

ing), Malone TB (goaltender interference) 5:26.

Shots

Pittsburgh 7 9 13 —29

Tampa Bay 9 7 5 —21

Goal — Pittsburgh: Fleury (L,3-3-0); Tampa

Bay: Roloson (W,3-3-0). Power plays (goals-

chances) — Pittsburgh: 0-5; Tampa Bay: 0-3.

Referees — Eric Furlatt, Marc Joannette.

Linesmen — Steve Barton, Jean Morin.

Att. — 20,309 (19,758) at Tampa, Fla.

SUNDAY

BLACKHAWKS 4, CANUCKS 3 (OT)

First Period

1. Vancouver, D.Sedin 5 (H.Sedin, Burrows) 2:06

2. Chicago, Bickell 2 (Bolland) 14:57

3. Vancouver, Burrows 1, 18:48

Penalties — Kane Chi (high-sticking) 6:04,

Kesler Vcr (slashing) 9:59.

Second Period

4. Chicago, Bolland 2 (Kane) 15:08

Penalties — Brouwer Chi (high-sticking) 7:04,

Torres Vcr (goaltender interference) 9:50, Ray-

mond Vcr (hooking) 10:07, Hodgson Vcr (delay

of game) 17:22, H.Sedin Vcr (diving), Campbell

Chi (cross-checking) 20:00.

Third Period

5. Vancouver, Bieksa 1 (Raymond, Burrows) 0:58

6. Chicago, Frolik 2, 2:31

Penalties — None.

First Overtime

7. Chicago, Smith 3 (Hjalmarsson, Hossa) 15:30

Penalties — None.

Shots

Vancouver 7 6 10 12—35

Chicago 9 10 3 11—33

Goal (shots-saves) — Vancouver: C.Schneider

(20-17), Luongo (L,3-3-0)(2:31 third)(13-12);

Chicago: Crawford (W,3-3-0).

Power plays (goals-chances) — Vancouver: 0-

2; Chicago: 0-4.

Att. — 22,014 (19,717) at Vancouver.

SCORING LEADERS



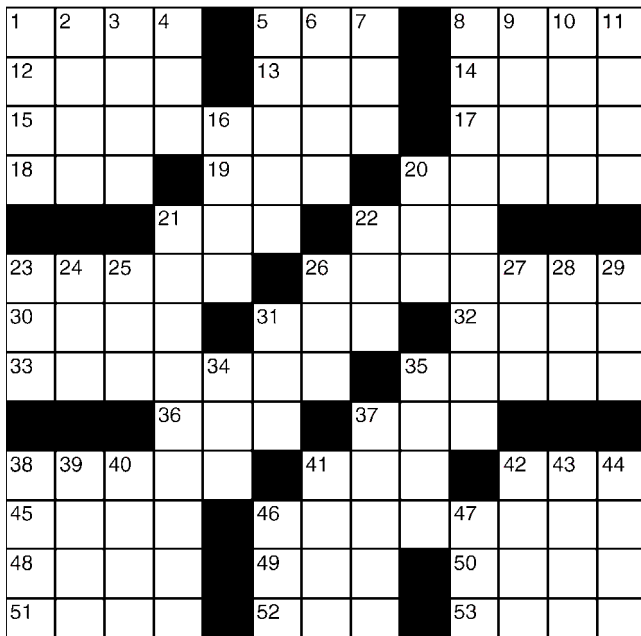
## Crossword

### Across

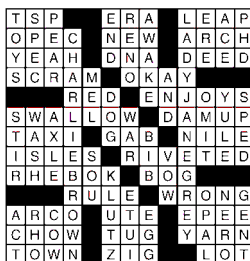
- 1 Temperate  
5 Tennis ball container  
8 Pedestal part  
12 Sandwich cookie  
13 Surprised cry  
14 Press  
15 Find  
17 Ledge  
18 Curvy letter  
19 Jewel  
20 — anteater  
21 Parched  
22 Scratch  
23 Singer Gorme  
26 Unknown woman  
30 Greet the villain  
31 Use a ray gun  
32 Sunrise  
33 Meat dealer  
35 London newspaper  
36 Coffee vessel  
37 A welcome sight?  
38 Military higher-ups  
41 Zero  
42 Ballpoint, e.g.  
45 Billions of years  
46 Reveal  
48 Carry  
49 Autumn mo.  
50 "My bad"  
51 Late-braking development?  
52 Firmament  
53 Wherefores' mates

### Down

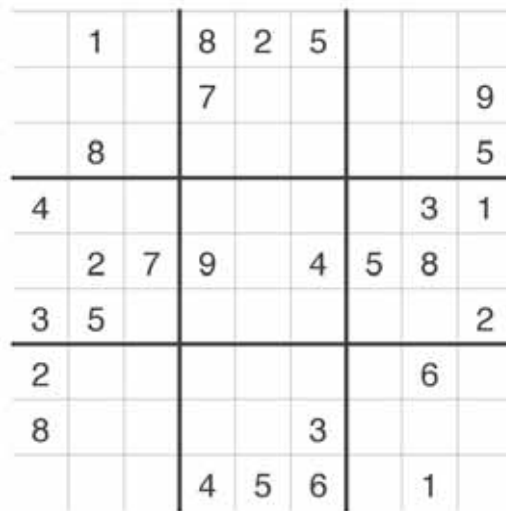
- 1 Fashion  
2 Rainbow  
3 Not so much  
4 Medic  
5 Small flock  
6 Attention getter  
7 Neither partner  
8 Drag through the mud  
9 Met melody  
10 Barbie, e.g.  
11 Sans siblings  
16 Shrek, for one  
20 — Diego  
21 Talked about  
22 Navigation aid  
23 Recede  
24 Second person  
25 E-mail address component  
26 Discordance  
27 Beavers' construct  
28 Have bills



### ► Yesterday's answer



## Sudoku



## How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

### Yesterday's answer ►



## Send a KISS

You can now post your kiss, and read even more kisses, online at [metronews.ca/kiss](http://metronews.ca/kiss).

Ryan, I am really happy we are together, and I would like more hugs and kisses. Thanks!

From MICHELLE

Nicole, You mean the world to me. You're beautiful, caring and simply wonderful. I hope one day we can lay upon an open sun-kissed meadow and spend hours doing nothing but being together. Will you go to prom with me?

From DANIEL

Kitty, Happy 20 Months babe, Aug. 28th i know i remember, i confessed . i know you don't love me, but you care about me that's whats special. You know how i feel and you care . What we have is really special, and today i just want to say i love you kitty :) Bye bye !

From DOG

## Today's horoscope

**♈ Aries** March 21-April 20 It may seem as if certain areas of your life are not functioning as well as they should.

**♉ Taurus** April 21-May 21 If you make an effort to help someone in need today your kindness will be noted.

**♊ Gemini** May 22-June 21 Don't limit your horizons — be open to new experiences.

**♋ Cancer** June 22-July 22 If you think that your efforts have not been properly rewarded that will change very soon.

**♌ Leo** July 23-Aug. 23 It's good to get away from the daily grind once in a while.

**♍ Virgo** Aug. 24- Sept. 22 You will be attracted to someone who is as different from you as chalk is from cheese

**♎ Libra** Sept. 23-Oct. 23 Don't give in to jealous feelings.

**♏ Scorpio** Oct. 24-Nov. 22 The harder you have pushed yourself in recent weeks the more you need to take things easy now

**♐ Sagittarius** Nov. 23-Dec. 21

For today's crossword answers and for expanded horoscopes, go to [metronews.ca](http://metronews.ca)

A new relationship is likely but give it time to develop.

**♐ Capricorn** Dec. 22-Jan. 20 Forgive and forget and let someone know that you do not hold a grudge against them.

**♑ Aquarius** Jan. 21-Feb. 18 If life isn't a great adventure then you're doing it wrong.

**♒ Pisces** Feb. 19-March 20. You're in a buying mood and the more things cost the more you want them.

• SALLY BROMPTON

## Caption contest



## WIN! You write it!

Write a funny caption for the image above and send it to [play@metronews.ca](mailto:play@metronews.ca) — the winning caption will be published in tomorrow's Metro.

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#### Holland America Line<sup>1</sup> | ms Noordam

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All-Inclusive • Standard rm. • May 14 - 29 • 1 wk.

**\$759**

Add taxes & other fees: \$222

Departure tax: 25 CUC cash, paid locally

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#### Meliá Las Dunas PRIVILEGES

All-Inclusive • Standard rm. • May 14 • 1 wk.

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Add taxes & other fees: \$222

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